

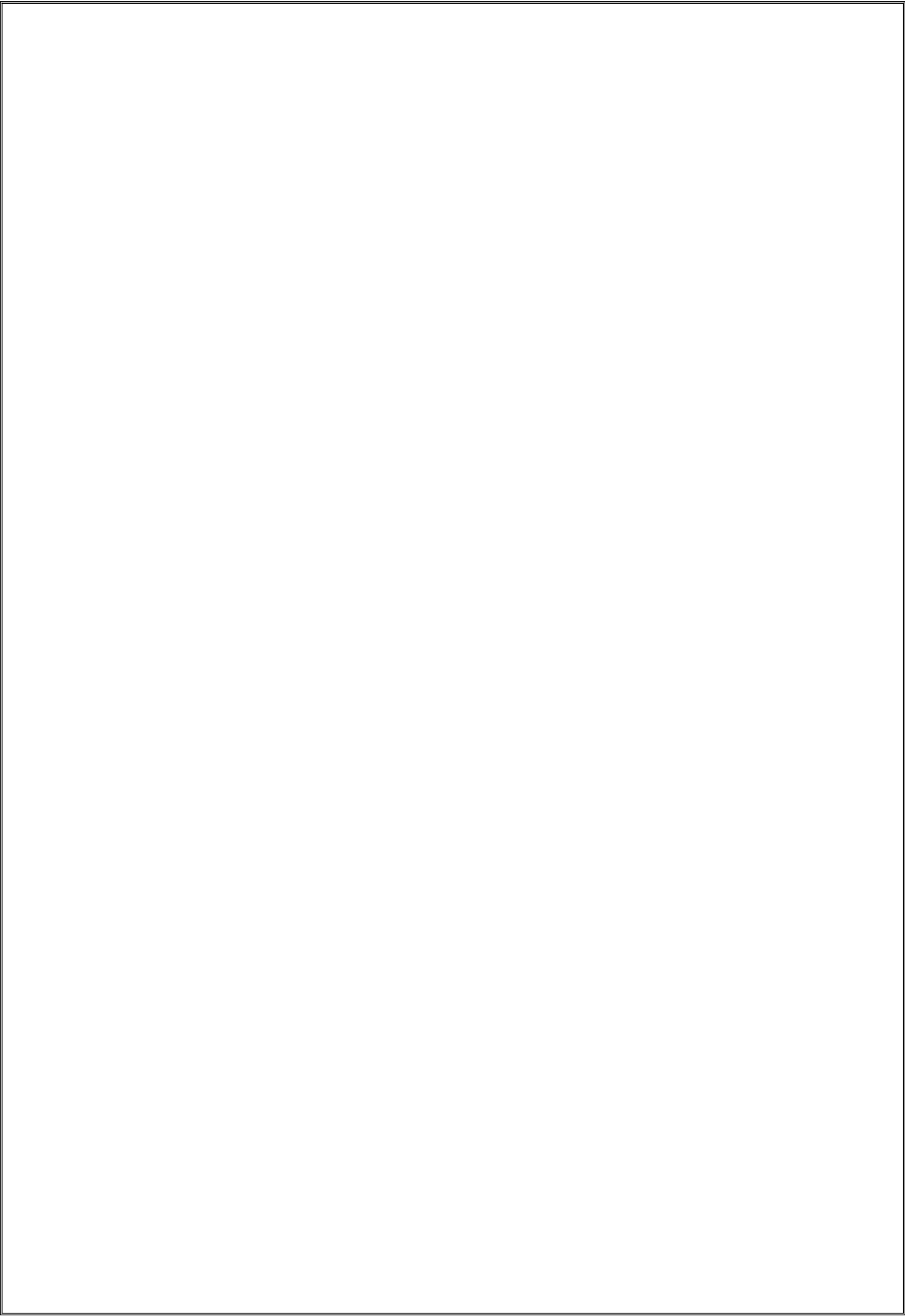
JOURNA L

**2018 -
2019**

By
Christopher Liam Rose

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JOURNAL 2018 - DAY 1 - 27/12/2018

I am older now and I realise more important things. Helping Other People and giving back is what matter. Today the world is crazy, you see people joking around, having fun.

But the real reality is helping other people and making a difference. The world is mess up with lots of bloody people. But nothing replaces helping other people and giving back. Don't be confused with the flashy things, your house is not important, your money is not important, your stuff is not important.

Helping Other People and Giving Back.

Today I worked as a Mental Health Recovery Worker, helping other people and making a difference.

Why is helping other people so important to me!!!

I owe my work to my Psychologist/Employment Specialist (Karen Meechan & Paul Dorrington).

I got helped. The years have gone by and helping other people still matters.

Now I have the right to say I have helped other people for years.

I love helping other people and making a difference in the world. I think more people should help other people but that not going to happen.

Why – Selfishness

I have said this before and saying it again people are selfish.

There big home, Money, Cars and flashy things.

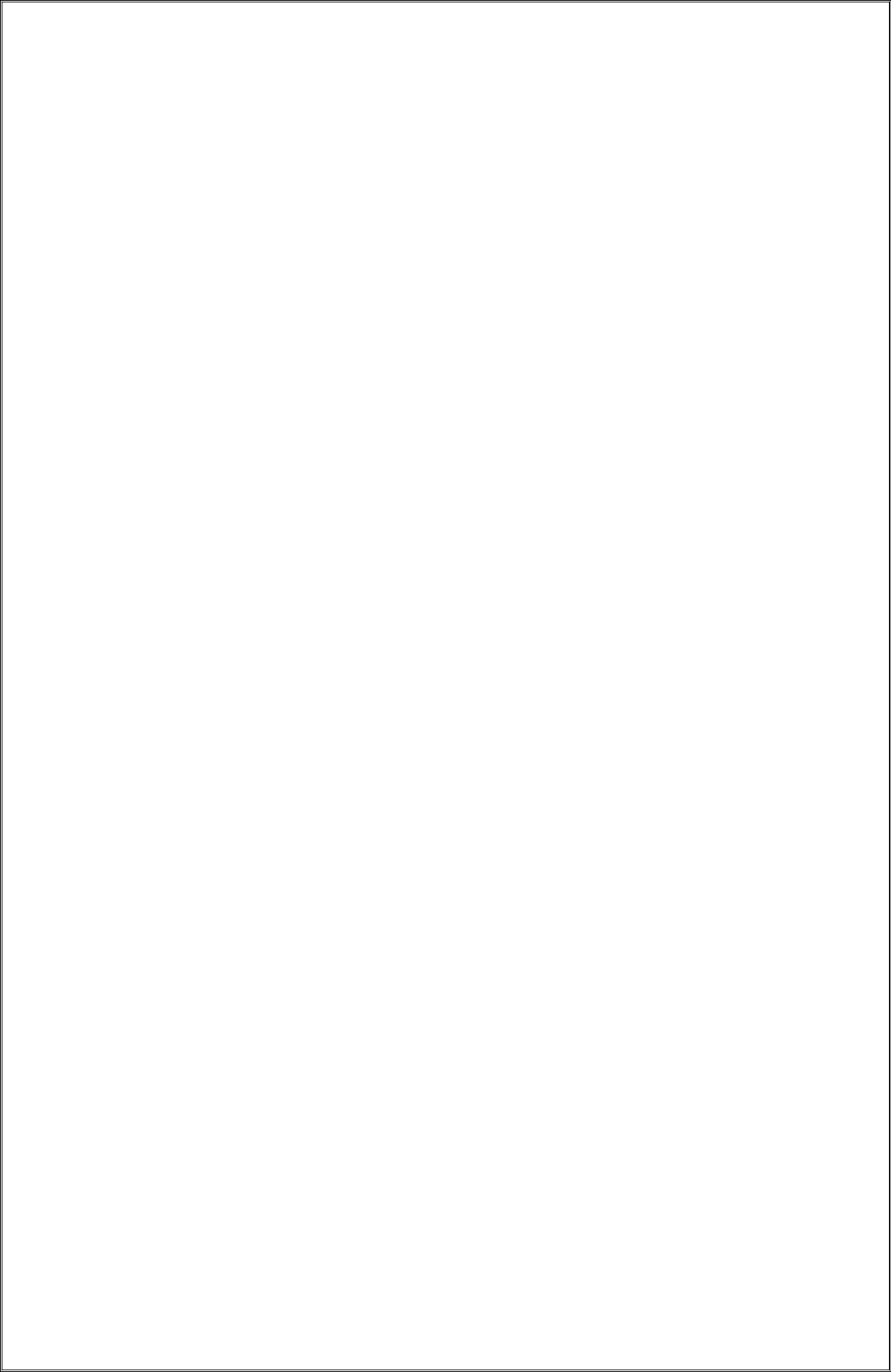
This is the problem. Material things are stopping people from giving back and making a real difference. Selfishness is hard to see because when you see things you don't look properly.

Everyone is selfish, and value themselves. I am different I value helping other people and giving back.

You can not change people No you can only encourage and inspire people.

To many successful people think they have the answers.

They don't.
Until everyone try to help other people. The world will not be good place to live.



Selfishness is the problem!!!!

JOURNAL 2018 – DAY 2- 28/12/2018

Today I am at work. Right now, in my career I am a mental health recovery worker in a company called look ahead. I help people who have mental health problems. Today so far has been good I have been talking to the team about customers we serve. I have realised I love my work and enjoy helping other people.

I also realise sleep is very important to me because when I sleep it help my body to recovery. Right now, at work I am thinking about my dreams & desires and what I want in my life.

I have a real passion for helping other people and giving back. One day I would like to write my own books and give it to the world. My dreams & desires are very important to me.

-
- Mentor – I have been a mentor has a volunteer which was a great experience. Really enjoy helping other people in volunteering.
- Life Coach – I am studying right now my life coaching diploma with the coaching academy which has been good. I love coaching people and helping people to reach their goals.
- Motivational Speaker – This is my biggest desire of all. I have always loved watching Motivational Speakers share their story to help other people and this is what inspire me. I would like to be on stage teaching and sharing my story to millionaires of people.
- Evangelist – I am a happy Christian and honour my faith with God. I would like to do evangelism and spread the gospel of Jesus Christ & God.
-
- Musician – This is my passion and I love it. I want to create music and share my music to the world.
- Teacher – I would like to teach people things I know and share my knowledge / Wisdom to others.
- Counsellor – I had therapy with a Counsellor/Psychologist Karen Meehan before I started my career in mental health. This would be a dream role that I

have also realised that it good to have ambition but sometimes it better to relax and I am very ambitious and driven and enjoy working hard for my dreams & desires. I chill out.

I really enjoy reading books, going to restaurant, going to the gym, listening to good music.

I think finding the right balance is very important which means working and resting.

To many people just work, work, work all the time which is not good for health.

I like the simple things in life and enjoy relaxing and chilling out.

JOURNAL 2018 - DAY 3-

Today has been good, I had a day off work today which is nice. I went to the gym and did a workout which I love to do. I came home then slept in my bed.

When I woke up, I cooked pasta, minces, tomato sauces for dinner. Had my food then I listen to A Monk who sold his Ferrari by Robin Sharma which was very good.

There were some key points in the audiobook that I listen to today.

- Live life simple and find meaning.
- Material things do not really matter.
- Focus on Self Development
- Work towards your dreams & desires
- You have all the answers within yourself. So when your lost go within and discover your gift

I have already purchased the book of the monk who sold his ferrai so I need to read it.

I learnt today to appreciate life and live simple. Life is beauty and the best things in life are free.

I create a new music track called the beginning for one of my future albums. I really do love music and would like to release my music to the world.

JOURNAL 2018 - DAY 4 -

Today I have been feeling ill with the cold & flu. My body and mind are at an all-time low. I have just been trying to rest and relax for most of the day. When your body is unwell you need to take extra care of yourself to recovery.

The only thing on my mind today was to get better and make sure I am fit effort to go to work.

JOURNAL 2018 – DAY 5 –

I am fulfilled Yes, Yes, Yes. When you help other people and give back you will feel fulfilled. To me – There is a joy in my life from helping other people.

I have never understood it but it's there. Joy in helping other people. I am sick with the cold, but I can serve when I am sick (Yes) Why.

Because it matters to me!! When you give back and help you see everything.

This journal is me!! And my feeling, thoughts, emotions, the best thing about writing is finding the truth!!

To help other people and give back means everything.

Joy is what I am feeling right now working as a Mental Health Recovery Worker Yes. I am not confused and dumb No, No, No.

Helping other people and giving back. Why it matters.

This is the last day in 2018 but my vision, passion, desires is to help other people and give back.

The person who teaches me know how I help other people and told me you will see your life change from helping other people. I am living proof that helping other people give you joy.

Joy is everything and fulfilment, meaning, purpose, passions, desires, and spirituality!!

Fulfilment and Spirituality is the link of what people everywhere are missing.

But you do not see the fulfilment Yes

If your serious have spirituality!!!

You will be shocked Yes!!

It not about money, houses, cars, people No. Give back and help other people.

My change for 2019 is two simple things.

- Family of my own
- Business/Entrepreneurship

Because this matter to me. The years of helping others give me everything I want. The best thing is patience and time. Why? You must wait for Glory.

Message for 2019 – Helping Other People & Giving Back

If I do this, then everything will come to me. Don't fit in with everyone No, No, No

Be different. Help other people & give back all the time. Yes

Joy, Joy, Joy

Fulfilment and Positivity.

JOURNAL 2019 – DAY 6 – 01/01/2019

I still feel ill with the cold and not feeling 100%. I just on the tube going to work. I started the new year working and helping other people. I think I need to help others but at the same time look after myself.

Today I am going to do some research on helping others and see what I can find.

I still have my passion, purpose, desires, ambition to serve and help other people. What I found out from my research is that helping other people and giving back can really improve your life.

I am now finding ways to become more happier in my life. I think the first step to this is dealing with the things I have been through in my past. My past makes it difficult to find inner peace because I been through so much.

I want to write down the things that make me happy.

- Good Music – I love Music
- Good Food & Drinks – I love food & drinks
- Travelling to different countries – I love going on holiday and enjoying myself
- Seeing my family – I do love my family and I do like spending time with them.
- Reading Books – I love learning and reading books that make me wiser.
- Listening to Audiobooks – I love audiobooks and enjoy learning.
- Being in a Relationship – Having a partner make me happy.
- Children- I love children & would want to be a father one day. I believe children are precious.
- Gym – I love the gym and working out.

I need to focus on the things that make me happy if I am going to carry on helping other people.

This year I want to focus on myself and my goals.

These are my main goals for 2019.

- Save up £10,000.
- Get into a relationship.
- Finish my life coaching diploma.

- Become healthier.
- Create New Music
- Get a Motorbike
- Read the Bible

If I can focus on this real goals, I will become more happier & joyful.

I want to work towards the future but be happy in the present.

What are the positive things in my life now.

- I am 30 so I am a young man.
- I live by myself in a studio flat
- I have money that I can save or spend.
- I have a great job as a mental health recovery worker in look ahead.
- My family are all well.
- God is with me (Jesus Christ)
- I am single.
- I help other people.

Write down what good in my life make me realise I am a lucky person right now.

I was listening to Christian pastor by the name of Joyce Meyer. She said the most important thing is finding joy, happiness, peace within oneself.

I am now more focus on becoming more happier, joyful, peaceful in who I am.

What is my purpose right now in my life?

- Helping Other People
- To create things of meaning & value
- To make a real difference in the world

What are my passions?

- Helping Other People
- Food & Drink
- Music
- Health & Fitness
- Volunteering

- Business
- Career/Vocation

If I want my life to become better, I have to be more.

Love more, give more, be more.

I want to really achieve my dreams & desires. The only way I can do this is to focus on self-development and overcoming my fears.

My biggest fear is not achieving my dreams & desires and not being able to let go of my past.

To break through my fears I need to stay positive and focus on my dreams & desires.

I have just finished a long shift at work I feel tired but good.

An idea came to my mind when I got home. If I do more volunteering. It can get me closer to dreams & desires & the person I want to become.

Be List

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Teacher
- Counsellor
- Entrepreneur
- Millionaire

JOURNAL 2019 – DAY 7 –

I am feeling a little bit better today from my cold. I have been working today from 14.30 – 22.30 helping other people with mental health problems. On my mobile I been watching the apprentice which I enjoy in the office.

I want to do some more volunteering and get the experience in my different ambitions. Today has been a better day I have to do a sleeping shift at work so I will not be going home until tomorrow.

The only thing on my mind is trying to achieve my dreams & desires.

JOURNAL 2019 – DAY 8 -

I am still at work had to do a sleeping shift. I woke up feeling good and rested. Today I have to work from 07.30 – 15.30.

After work I am going to fill out the volunteering application forms to become a public speaker volunteer for spurgeons.

I fill out the volunteer application form for spurgeons today.

JOURNAL 2019 – DAY 9 –

I got a new book called “The 5am club” by Robin Sharma. Read the first few chapters I learn how to become your best version of myself. I really enjoy reading and I want to read more of this book. I went work today from 07.30 – 15.30 helping people with mental health problems. Work was ok and I felt like I really give back today.

I send my volunteering application to spurgeons volunteering team through email.

JOURNAL 2019 - DAY 10 -

Today has been a hard day I have been feeling low because of my family problems. I called the Samaritans and other organisation to talk about my feelings & emotions.

The talking help me to realise it is ok to feel down sometimes.

I want to help other people and give back.

It just hard when the family problems are in my mind.

JOURNAL 2019 - DAY 11 -

Today has been a better day. I slept in bed until 14.30 then I got up. I went to the gym and did a workout which was good. I came home and just relaxed in my bed. I am still reading the book "The 5am Club" by Robin Sharma which is a good book.

I learn today anything is possible if you put your mind on it.

Just focus on your dreams & desires and everything you want will come in your life.

JOURNAL 2019 - DAY 12 -

I woke up in the morning I felt really good. While I was travelling on the buses, trains, tubes I was reading "The 5am Club".

I learn one of the biggest secrets of life. The secrets of life is

- Learning
- Developing
- Studying
- Growing

When you spend time learning it will change your life. I was reading in the "The 5am Club". The most successful people had little things.

Successful people are not thinking about how much things they can get. Successful people think about how much can they serve and give back to others.

It said in the book you can serve anyone because it doesn't take a lot of money, a bigger house, a wonderful car.

To serve take grace & love.

Through learning, studying, growing I am become a better human being.

I learn this from Robin Sharma – Learning is the biggest secret of life.

I am working today from 07.30 – 15.30. Today has been good I have helped a few people.

I realise I must be a student and focus most of my time learning new things.

I love to learn and grow in knowledge and wisdom.

If I be a student and learn all the things of life. I will be able to achieve anything.

I learn from Robin Sharma that I should block and schedule my time.

This means at the beginning of my week I plan what I will do within the week.

If I schedule my time, I can be more effective in achieving my goals, dreams, desires

JOURNAL 2019 - DAY 13 -

Today has been fine I went to work. My shift today is 14.30 – 22.30 but I am doing a sleeping. I learnt today I dream to become a entrepreneur by Ed Mylett. When you vision your life in the perfect way What do you see.

I see big goals & big dreams to achieve. When you daydream, it give you the motivation to work hard for your dreams & desires.

I realise if I want to have a great life, I need to dream big and take actions in order to fulfil my dreams.

Life is too short to waste it. I need to plan how I am going to achieve my dreams and what actions I am going to take to get my closer to my dreams.

JOURNAL 2019 - DAY 14 -

Today has been good I went to work from 07.30 – 15.30. After work I came home and was listening to Ed Mylett videos. I have a bigger vision to achieve more thing in my life.

I have always dreamed of having the best life and really becoming more fulfilled. I need to focus on all aspects of my life and now take actions towards my dreams.

JOURNAL 2019 - DAY 15 -

Today has been a good day. I had a day off work. I went to the gym at 13.00 and did a workout. Today has just been a relaxing day and I am still focus on helping other people, giving back, making a difference in the world.

JOURNAL 2019 - DAY 16 -

Today has been good so far, I went to the gym at 05.00 to do a workout. Today is a day off from work. I went to the park and sat down near the river and looked at the people, animals. Birds. I felt good being at the park and chilling out.

When I was there, I started to think about the future and all the things I want to achieve in my life. I realise the little things and simple things are important to me.

Happiness to me is doing things you enjoy and living now.

Sometimes we want all the big things out of life that we forget to focus on what we love and enjoy. The way to keep myself happy is to do things I enjoy.

What do I enjoy?

- Music
- Healthy Foods & Drinks
- Books
- Audiobooks
- Meeting People
- Being Alone
- Sleep
- Family, Friends, Relationships
- Health & Fitness
- Faith & Spirituality

I am focus on what I enjoy every day I can be happy. I am about to read a book that I read before called Your Best Life Now by Joel Osteen.

I am reading it again to learn new lessons I can take with me into the future.

JOURNAL 2019 – DAY 17 –

Today has been good. I have to work from 07.30 – 15.30. Today I been reading a book called Your Best Life Now by Joel Osteen. I am learning a lot of passionate things in this book. The first chapter is about enlarge your vision.

What it means by enlarge your vision is seeing your life in the perfect way. With all your dreams & desires fulfilled.

In the bible it says "with a vision people perish"

God want you to have the life of your dreams and God want you to become the person you envision yourself to be. Do not go for second best!! Become who you want to be and have all the finer things in life.

Without the right vision and mindset, you cannot live your dreams. Everything starts by the way you think and envision yourself. I am at the point in my life where I trust God, I have my faith and I believe life can become much better for me.

Right now, I am watching a video from Robin Sharma called The 1 habit super producers run daily.

- 05.00 – 05.20 Move
- 05.20 – 05.40 Reflect
- 05.40 – 06.00 Learn

One of the best things I have notice about myself is that I am prepared to listen.

Yes – Listen

I have written about this before, but Listening is a secret

When you help other people and serve you need to listen In order to understand what someone is saying to you. If you don't listen, then basically you cannot help others.

Why???

Because it takes listening to understand. This is how you become smarter. In faith it talks about the art of hearing!!!

Yes, in Christianity!!!

Through learning & hearing you become smarter

I want to write about what I hate!!

I hate people who do not help others.

Why???

Because I help people all the time. When you see the people.

- Negative
- Depressed
- Unhappy

You think to yourself wow wow wow

Yes, it is crazy – so many people are negative with their problems

Yes

Yes, we all have problems and so do I but that what people don't understand. No

The dreams and desires are what matter to me!!!

I realise I need to write to make myself understand what matters.

Dreams & Desires

Helping Other People

Making a difference

The influence

The Impact

Being a Winner

The Actions

When I feel low and down, I found that writing help me to process my feelings &

emotions. I am so passionate about helping other people. I love helping other people, but we live in a world which is unkind.

People who never help others and don't contribute in anyway.

Be someone who help other people and give back. You can see the difference.

My dreams are being fulfilled it is an amazing feeling. So much positivity and impact.

Help people who help others.
It not how rich you get or how many stuff come in your life. No

It about helping other people and doing something to give back.

Today I learn one of the bigger secrets of all.

-

Why?? Because people who help other need help too

In my career you meet lots of people who help others but sometimes people are not clear

This is the next level of influence.

If you impact people who help other people than more people will be helped

JOURNAL 2019 - DAY 18 -

Today has been good so far, I am working from 14.30 – 22.30. I have to do a sleeping at work today which I don't like. I have been focused on my dreams and desires and thinking about ways to achieve them.

I want to have a super productive life where all my dreams and desires are fulfilled. I need to always learn and grow to get the next level. I read in a book today from Joel Osteen called "Your Best Life Now". That you need to break the chain of your family history and family tree.

For example, if no one in your family own a business then you need to be the one that own a business. I want to be the different one in my family tree. I want my own family to have the best life and I want my kids to have everything. If I don't work hard and try my best to help other people, then it not going to happen.

To get to the next level I need to give it my all and work hard towards my dreams and desires.

JOURNAL 2019 - DAY 19 -

Today was good I was at work from 07.30 – 15.30. I went home had a bath and eat some pizza. I am still thinking about my dreams and desires, and I am trying to find way of achieving it.

I learn today to serve others and give back in your life.

JOURNAL 2019 - DAY 20 -

Today woke up feeling good I am now travelling to work on the buses and tubes. I am reading book from Joel Osteen "Your Best Life Now".

What I am reading so far in the book is we need to change our thinking in order to get to the next level. Once you change your thinking you change your life. We have to break the barriers of the past by changing our thinking.

For me to get to the next level I need to think differently and take actions towards my dreams and desires.

Reading books changes my thinking.

Listening to podcast changes my thinking.

I need to let go of the past. I need to change my thinking.

JOURNAL 2019 - DAY 21 -

Today I have a day off work which is always good for me. Today Battersea fields organization came to my flat to look at the damp, mould, and poor condition of my flat. They said it will get fixed. Today I have been resting, relaxing, and chilling out. Today I am cooking chicken, rice, and vegetables. I love cooking and eating healthy.

The things I am thinking about is to teach people all over the world.

I want my message to be worldwide and transform many people lives.

JOURNAL 2019 - DAY 22 -

Today has been a hard day for me. I went to the gym around 07.30 and finished around 09.30. I had a really powerful talk with Roddy who is my telephone counsellor about becoming a counsellor. Roddy really helped me to understand what it takes to become a counsellor. Roddy said you need that spark in your life to become a counsellor.

Talking with Roddy made me realise becoming a counsellor in my career is the path to go down.

I talked with the Samaritans today about my family problems and helping other people. I had over 10/15 different conversation with the Samaritans.

Talking to Samaritans help me to calm down and help me to deal with the angry in my life. I make a new music tack called Seeing your dreams and desires which will be on the album be more. I am going to try and make new music because I love music, and this will help me to be creative.

I still want to help other people and give back.

I need to find ways to manage my angry and frustration towards my family. I hate the fact that my grandad passes away and that my mother had breast cancer. These two experiences have really affected me. That part of the reason I have so much angry and sadness.

The low days do come and if I am able to talk this help me.

I also need to have a bath when I am feeling low and down to make me feel better.

I want to spend some time being creative.

My creative skills

- Arts & Design
- Music
- Writing
- Videos

I want to use my creative skills towards making a difference in the world. I will try and

JOURNAL 2019 - DAY 23 -

Today has been a hard day for me. I went to the gym around 07.30 and finished around 09.30. I had a really powerful talk with Roddy who is my telephone counsellor about becoming a counsellor. Roddy really helped me to understand what it takes to become a counsellor. Roddy said you need that spark in your life to become a create new things every day to contribute something of value.

JOURNAL 2019 - DAY 24 -

Today has been good I had to work today from 14.30 – 22.30. In the morning I was making music. I produce a new track called Enlarge your visions. I realise today that I am a creator and I need to use my creative skills and abilities to help people and spread love & peace in the world. I love creating things and bring it to the world. Today I was thinking about the businesses I would like to get into.

- Life Coaching Business
- Counselling Business
- Music Business

All of this business will help me to spread positivity and goodness in the world.

- I can create music for people to enjoy.
- I can coach people to get them to the next level.
- I can counsel people to help them deal with the past.

JOURNAL 2019 - DAY 25 -

Today is my annual leave off work so I am happy. I went to the gym at 16.30 to 18.00. I love the gym and working out my body. It always helps me going to the gym. I cooked some tuna pasta with tomato sauce for dinner. I been creating music & videos for my business. When I focus on the title things, I become more happier and joyful. I realise it is the simple things in life that make you happy.

JOURNAL 2019 - DAY 26 -

Today I have annual leave from work. I went to the gym at 13.00 – 14.00. The workout at the gyn was good. I been thinking about being creative and building a online business. I want to build business that I have a interest in.

Creative Business – Music, Videos, Writing, Audio, Graphic Design, Editing

I need to find a way to make passive income, so I am able to become financially free.

JOURNAL 2019 - DAY 27 -

Today I been helping other people and giving back. The joy you get from helping other people is priceless. I feel so fulfilled from helping other people and giving back.

Sometimes we don't know what give us the fulfilment. But for me personally it is helping other people and giving back.

JOURNAL 2019 - DAY 28 -

Today I am at work helping other people. I feel very tired today and I really want to relax. My dreams and desires are still the same. I want to help lots of people and create products and services that give value.

The more I help people the more I realise that I am doing good work.

It is very rewarding to help other people and make your contribution to people lives. I want to be a leader in my life and help lots of people. I love helping other people and giving back.

JOURNAL 2019 - DAY 29 -

Today has been good it was my day off. I went to the gym and did a workout which always helps me. I brought a new digital camera to make YouTube videos on YouTube. The camera is good and I paid extra to have insurance on it. All together the camera cost £160.09. I hope to inspire millions of people online with my content.

JOURNAL 2019 – DAY 30 –

I must go to work today from 14.39 – 22.30 plus I am doing a sleeping today. I feel like I want to inspire millions of people and become a leader. I realise if I can lead a few hundred to thousands of people I can work on my own and become wealthy. I need to build my followers and following online and offline. If I can connect to the right audience, I can become more successful. I would love to live life on my own terms but to get there I need to work on myself and my following.

JOURNAL 2019 - DAY 31 -

I was at work today from 07.30 – 15.30. Work was good I helped a lot of people. After work I came home and started to rest.

JOURNAL 2019 - DAY 32 -

My morning was good I woke up and had to sort some things out. I went to the post office and got my new mobile phones. I did some thinking about my adversity and problems that I have been through. Then I went to the gym to do a workout which normally make me feel better. After the gym I went to the pizza shop to buy some food.

When I got home, I called the Samaritans and had lots of conversations with them. I was feeling very angry and upset mainly because of my family problems.

My family have cause me to suffer with extreme angry and frustration in my life. I hate what my family have put me through. The only thing is I have no control of what happen to my mother and grandfather.

They were ill and sick so they health started to decline. Because of my mother and grandfather, I suffer with angry. The only way to make this angry go away is if I talk about it to people. I am still on a mission to give back and help lots of people.

I realise today going through pain and adversity is part of life.

We need to have discomfort to become our true selves. Without the pain life has no meaning. ~~Pain give you meaning.~~ ^{Helping other people & giving back} What I have been through has made me who I am, and I am very proud of myself.

The Mission

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JOURNAL 2019 - DAY 32 -

Today I woke up feeling low and depressed. I feel sometimes that it hard to go through suffering and pain. Today I am at work from 14.30 – 22.30.

I would like to start an online business where I am able to create passive income and money while I sleep.

I want to become a social media influencer and have a presence online.

I want my online business to reflect my character, personality, gifts, talents. I still want to get a coaching business where I help people to achieve their dreams and desires.

I want to educate people all around the world and create things that have real value.

I am going to start working on my online business and create products & services. The future is using technology to increase your life for the better. If I spend a few hours every day working on my online business, it will have Big Results.

I want to brainstorm some ideas that I have for my business.

- Life Coaching Business
- Online Business
- Products & Services
- Events
- Books
- Website
- Videos
- Audio
- Blog
- Connect with people.
- Creating things of meaning & value

I want my business to be international where I can sell my products and services worldwide. I really love coaching because the powerful questions can help people reach the core of who they are.

In my business I would hire the right people to help me in my business and grow the

JOURNAL 2019 - DAY 32 -

Today I woke up feeling low and depressed. I feel sometimes that it hard to go business world.

What areas in my business do I need support in

- Finance & Money Management
- Social Media Marketing
- Marketing
- Promotions
- Advertising
- Event management

The real success of my business will depend on the people I have around me and the team I build.

I would like to hire volunteers and support them to get experience in coaching and entrepreneurship.

I want to become a very successful person who achieve all my dreams and desires. I really need to start putting in the time and work to grow my business. I may need to do extra shift to earn more money to invest in my business. I need to get a coach/mentor to help me develop and grow as a person.

I have also realis if I am going to achieve major success I need to look after myself and my health.

I do need to spend some time at the gym working out my body and mind. Keep a good health and fitness will help me to work longer hours without feeling tired or stressed out.

I also need to focus on a healthy diet which means eating the right foods & drinks that would give my body energy and vitality.

If I look after my health and fitness, I would be able to achieve more in my family. I believe self-education is the way forward. And the more I focus on developing myself the better person I will become. In my future if I want a family and kids, I need to be able to provide for them. Right now, I have no kids or partner so this is the time to make as much money as I can for them. I don't want my family to suffer and not have the things they want.

That why I need to work hard now and make those sacrifice to have a better future.

JOURNAL 2019 - DAY 33 -

Today has been a quiet day. I went to the gym to do a workout. I cooked pasta & minces for dinner.

JOURNAL 2019 – DAY 34 –

Today I am feeling a bit dizzy because I forgot to take my medication yesterday. I have work today from 14.30 – 22.30. What on my mind right now is building my business and online presence. I want to help and reach more people. I would like my business to help lots of people all around the world. I will record more videos on YouTube and build my online following. When I am not working, I am going to spend my time learning and working on my business.

The mission – Helping other people and creating things of meaning & value.

JOURNAL 2019 - DAY 35 -

Today I had a good start I woke up and wanting to record a video for my YouTube channel. I made a video called how to achieve and prosper in your life. I love making videos and sharing information. The way to achieve and prosper in your life is simple.

1. Write your dreams and desires down on paper.
2. Plan how you're going to achieve your dreams & desires
3. Take actions – Always doing this is very important for your dreams & desires.
4. Have a growth mindset to help you stay positive when you're going through adversity.

I brought a new video editing software on amazon for £89.99 called Cyberlink power director 17 ultimates.

This will help me to make great videos.

I feel like it was a good investment.

I paid my rent today at the post office. I paid £400.00 towards my rent this month. When I am ready to move on from this job, I am going to need to find a company which has lots of benefits, good work history of helping other people. I realise money help me to buy things I need and if I can make more money it would help.

JOURNAL 2019 - DAY 36 -

I was at work from 07.30 to 15.30. Work was ok I had a better shift. It go realise that life is amazing helping ither people and making a difference in the world. When I finished work, I

I really love the west end of London because it is busy and lots of people are there. I realise I need to have more fun and enjoy for myself more.

JOURNAL 2019 - DAY 37 -

Today I feel ok I must go to work from 14.30 – 22.30 plus I am sleeping today. I feel a bit tired and I want to create more videos for YouTube. I need to spend some time on social media and releasing content.

I am still focus on building a business of my own and having time freedom to do what I want.

I need to focus on taking steps to hire people to help me. Once I build a great team, we can all help lots of people. I want to build my social media following and I was thinking to hire someone to manage my online account.

If I make content that really help people, my following will grow and become bigger. Creativity wise I want to have content that is a mixture of.

- Video
- Audio
- Text
- Pictures

I feel if I create things in these ways, I could become a better social influencer and get my brand out there. My brand is my name Christopher Liam Rose.

Through my name I have products & services that I provide to people.

JOURNAL 2019 - DAY 38 -

I was at work today from 07.30 – 15.30. Work was ok but now I feel tired. I really want to rest and relax when I get home. Helping other people take a lot out of you. I will make some more time to make YouTube videos today.

I really enjoy making videos and getting my message out there.

JOURNAL 2019 - DAY 39 -

Today has been hard and challenging. I been helping other people and giving back. I will say that we need to help other people. The spirituality is the key.

Helping other people & giving back

Just helping other people and making a difference

I have been calling the Samaritans they been helping me.

JOURNAL 2019 - DAY 40 -

Today has been a better day then yesterday. I went to the gym around 12.00 and did a workout. After the gym I went to waterstones to buy a book called Millionaire success habits for £20.29.

I create a video using a black background which give it more effect.

I still want to help other people and give back in my life.

JOURNAL 2019 - DAY 41 -

In a book called Your best life now by Joel Osteen it was talking about God value of you is always complete and God love you. If you want your life to be better you need to start believing in faith. God see your faith and your beliefs. I need to believe that I can go to the next level and have my dreams & desires fulfilled.

Believing is the key to real success, happiness, joy. I have work today from 07.30 – 15.30. When you see the value in yourself your life automatic changes. Why – because you believe in you.

It is important to have passionate beliefs & values because these make up the core part of who you are as a person.

I really am passionate about helping other people and God.

I am a Christian/Evangelist that wants to love God and honour him.

Focus on what matter to you is the most important thing.

- I will be successful.
- I will prosper.
- I will achieve.
- My future is going to be great.

Motivation is key to keep you in a positive state of mind. You need a purpose to serve and help other people. Without a purpose and desire, you cannot help lots of people.

I call the Samaritans today and had a deep conversation with Nick. We went really deep, and I share a lot of my life experience with him.

The Mission – Helping Other People and Giving Back

JOURNAL 2019 - DAY 42 -

I went to work today from 07.30 – 15.30. I realise it about helping other people and giving back. To serve & help other people is the secret.

To give and make a difference to people lives.

Always helping other people and giving back.

JOURNAL 2019 - DAY 43 -

I am at work today from 14.30 – 22.30 helping other people and giving back. It is everything to help other people and give back.

To me nothing matters more than helping other people and giving back.

Do thing to help other people & give back.

Run your own race!!!

Be different, Be unique.

Never be like the rest of people. No!!

Be yourself and help other people.

The meaning of life is to help other people!!!

The real question is? Do you help other people and give back in your life.

If you don't help other people, you will be unhappy, not fulfilled and broke in your life.

To serve is the highest thing you can do.

I am working today to help other people and make real difference in the world.

People don't know how to serve others!!!

That why more people are not helping other people themselves.

Do something to help others and make a difference in your life!!!!

The pain I have been through is so hard to experience. But through pain comes meaning. The pain I have been through motivate me to give back and help other people.

- Serving is the key.
- Helping Other People in your career
- Helping other people in your business
- Helping other people in your volunteer

And make the biggest difference in the world.

- To be different is to stand out.

JOURNAL 2019 - DAY 44 -

When your different and are not like the rest your life become better. People like being the same!!!

People like to copy and follow their friends & family

I am different because of what I have been through.

- Always be different and help other people.

I was so fulfilled at work, and I was listening to a podcast by Joel Osteen & Victoria Osteen.

These two were passionate about helping other people and doing God work.

The hard thing is to be spiritual fulfilled and to still helping other people and give back.

The anointing is a secret because anointing cannot be seen by the flesh!!!

To be spiritual fulfilled is everything!!!

Fulfilment is Spiritual

The more fulfilment you get the bigger your desires grow to help other people and give.

Being a Christian is important to me and helping other people is still everything.

There are people in the world that want to help other people and give back.
The art of listening is a secret.

This is what we need to try and do.

-

In my experience the more you listen and hear audiobook, podcasts, sermons, messages the further you will go.

To learn effectively you need to listen and hear.

God purpose – Helping other people and making the world a better place.

Everything I do is to create value.

You need to use your gifts to make a bigger difference in the world.

When I was at work today people were just sitting down doing nothing to help other people and give back.

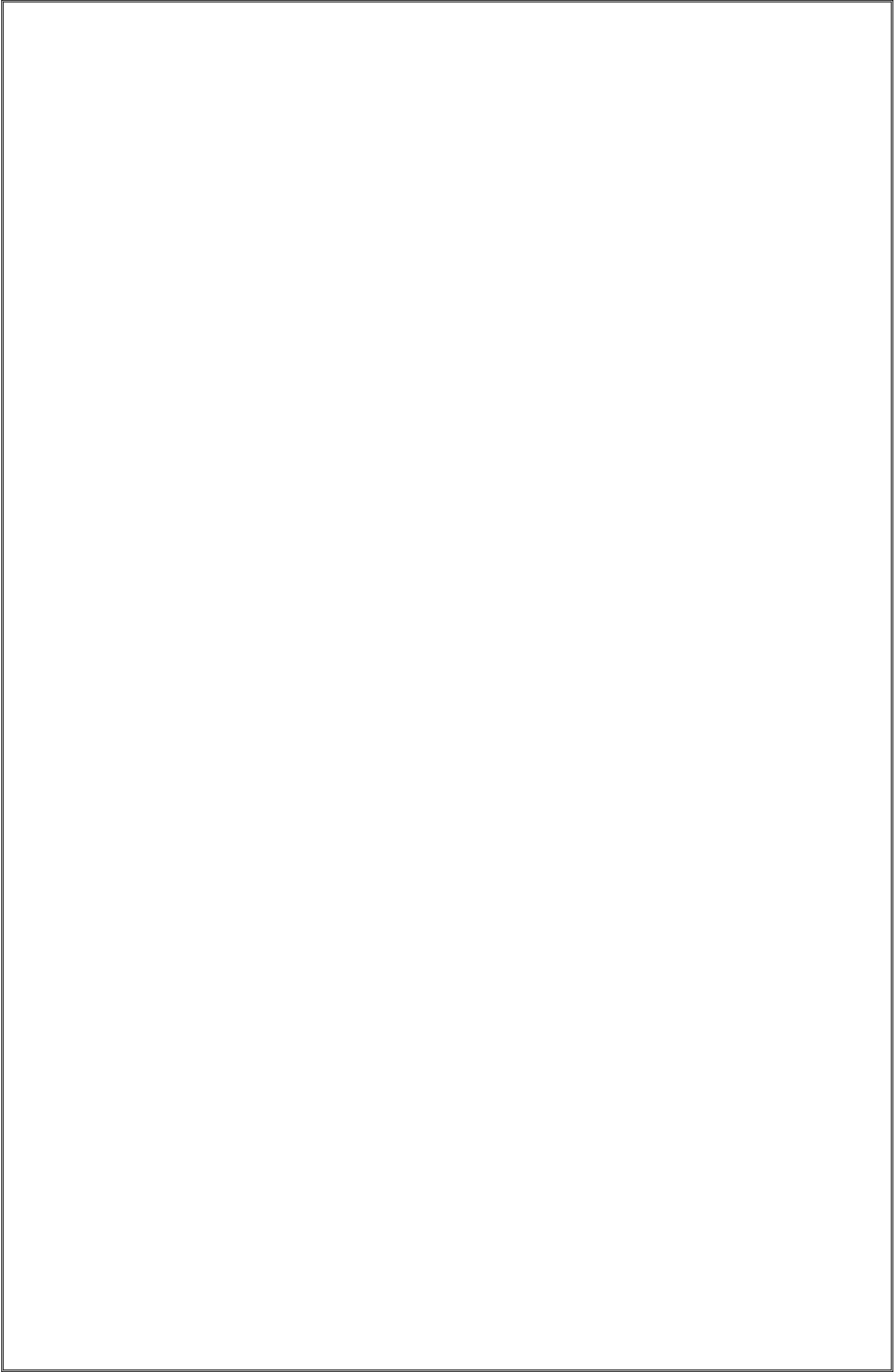
To be with God – you need to serve.

If I want to help more people, I need to serve and give back

This writing is important because I am learning as I am writing in this journal.

Learn from people who give back and help other people.

Why?



Because these are the people who have found their purpose.

Passions, Purpose, Fulfilment, Joy, Happiness, Success, Prosperity, Achievement, Personal Satisfaction, Enjoyment, Pleasure

If you help others and give back, you can experience it.

The days and hours you put into helping other people. It is worth it!!!

Now I work full time helping other people and making a difference. If you don't then you don't have value.

You cannot give value if you have not experience something painfully. Why?

Because pain give meaning.

What you go through is what make the difference.

People don't have fulfilment in their life.

That why today I saw people doing nothing.

Why?

Because of your problems. No!!

The problems are there to help you and to overcome. People get stuck in their problems.

They live life that have no value.

They don't make a difference in people lives.

Why?

Because their problems is stopping them from doing it.

My problems have been serious problems.

You got people who joke, play games, never serve.

The real question is do you want to be like the people who don't serve. No

It is shocking!!!!!!

There are millions / billions of people who don't help.

- If you need to judge people, it wrong but right to me.
- To judge is hard because we don't know if these people will serve or not.

When you see people they play games, have fun and socialize with their friends &

family.

That not what is about NO!!!!!!

To helping others, to serve, to give back, to make a difference is everything,

People waste their life doing nothing but talking bullshit and chatty away!!!

NO, NO, NO, NO. NO

I just had a very new idea that has come to my mind.

Write a book about helping other people and giving back.

The future is created.

If you don't create thing of value.

You don't have a purpose.

The Purpose – Helping Other People

JOURNAL 2019 – DAY 44 –

Today I feel better within myself. I must work from 14.30 – 22.30.

In the book that I am reading called your best life now by Joel Osteen. It talks about the real battle people are facing today. The real battle is the mind. If you cannot have control on the way, you think your life will not change. For example if you have bad, negative, unhelpful thoughts. You will become a person who doesn't have hope.

I need to think positive and creative things if I want to go further and higher in my life.

What you think about you become.

The reason why I had difficult life so far is partly to do with the way I think.

I do think about the negative things I experience because it hurts me.

Plus, I have help other people all the time who are completely negative and not doing much in their life.

The way to become better is by changing my thinking patterns.

Instead of feeling low & down I need to feel joyful and happy.

Focusing on the things that make me happy more will change my thinking process.

This is a battle of the mind is a real battle.

I read a book a few years ago called the secret that was talking about the law of attraction.

You can think your life into a better place.

What you think makes the difference in your life.

JOURNAL 2019 - DAY 45 -

Today has been a hard day I was feeling down and hurt by what happen in my family life. I called the Samaritans and had talks about how I was feeling. I went to the gym at 21.00 and did a weight lifting workout. The gym always helps me to feel better within myself.

JOURNAL 2019 - DAY 46 -

Today has been a productive day. I went to church at 13.30 and stay to the end of the church services. The message that was preach today was about believing in God and what you believe you normally get. After church I went to the gym and workout. I talked to my twin brother Alex after church, and he is doing well.

Today I realise I need to as God for the things I want in my life and pray to God to help me achieve the things I want.

It was good being at church today because I haven't been in church due to work. I need to make more time for God and spend time in his present.

JOURNAL 2019 - DAY 47 -

I have been working today from 14.30 – 22.30. Work has been fine and I have support lots of people. I watched a movie called Paid in full.

I been watching Yu gi oh. I really enjoy the manga it is good.

I am still passionate about helping other people and giving back.

JOURNAL 2019 - DAY 48 -

I have been working today from 07.30 – 15.30. Today has been good I want to buy some new clothes so now I am heading to the Marble Arch to do a little bit of shopping.

I want to treat myself and spend some money.

I am looking to buy tracksuits because I love wearing them. I been talking to the Samaritans and having deep talks.

It hard for me to open up but I have to do it.

JOURNAL 2019 - DAY 49 -

Today I woke up feeling tired and still low. Yesterday was a hard day for me. I realise I need to create things of value. I need to use all my talents & gifts to produce value in the world.

If I wake up earlier, I can start my day more productively and get a chance to really set my day for success.

I want to be closer to God and be deeper in my faith. If I am going to be successful, I need to be different.

What are some of the things that give me value?

- Reading
- Podcast
- Audiobooks
- Learning
- Helping Other People

If I can focus on doing the things that give me value. I will be able to create things of value. I went to work today from 07.30 – 15.30.

Work was good today had a great shift.

JOURNAL 2019 – DAY 50 –

Today I have work from 07.30 – 15.30. Work has been good today just been helping other people & giving back. I love music and passionate about music. Music is wonderful and listening to some real RnB music make me feel happy.

Right now, I am listening to craig David music. He is a good musician and love his tracks. I want to take a break and have some alone time to myself. I would like to take a trip outside of London for a few days. I want to go on the beach and just relax listening to music.

JOURNAL 2019 - DAY 51 -

Today I had work from 07.30 – 15.30. My day has been good I still want to help other people and give back. I have flu which is making it hard for me to concentrate and be productive. I want to write a book, make videos, create movies about being who you want to be.

JOURNAL 2019 - DAY 52 -

I have been feeling ill today with the flu. I just been resting and relaxing at home. I went to the gym 09.30 – 11.00 did a good workout. I cooked some chicken, rice, vegetables. I want to create new things of value and meaning. I have a dream of become international know for music, videos, products, services. I want my content to be worldwide with everyone getting access to my products & services.

JOURNAL 2019 - DAY 53 -

It has been a hard day today I went to the gym and then went to Wandsworth. I want to buy some clothes and look for furniture. I have been calling the Samaritans and talking because it helps me to deal with what I have been through.

Helping Other People & Giving Back

This means everything to me. The hard days are difficult but it's part of my journey. I want to help others and give back but sometimes I struggle in my career to help other people.

I want to help other people. To deal with these problems are hard. I try to stay positive and keep helping other people but it's hard.

Losing people, seeing people ill, being through homelessness.

Helping Other People and Giving Back is everything. If you don't help other, then you're a failure.

So many people don't help other people. This is crazy and difficult to see.

JOURNAL 2019 - DAY 54 -

Today I have been thinking about my dreams & desires and how I am going to achieve them.

My dreams & desires

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Counsellor
- Teacher
- Entrepreneur
- Millionaire

I want to build a business in coaching, but I am trying to figure out which niches I should have for my business.

Business Niches

- Entrepreneurship
- Business
- Motivation
- Career
- Finance
- Personal Performance

I want my business to attract people from all around the world, but I need a niche that would make me stand out.

I have been thinking today about my future. The things I really desires is a family and business.

This is my own motivation and every day I want to make this become a reality. I have always dreamed of having a wife & kids, home, car and all the money in the world.

The time is now!!!

I need to work hard to make my future complete.

My biggest motivation now is to make sure I get my dreams & desires realize in my life.

To make this happen I need to earn money!!!

If I don't earn money, I cannot build things I want in my future. I will work hard but also look after my health & well-being.

I have nothing to lose!!

I got big things to gain!!!

When I am low or down, I need to remember my future.

I have always wanted to be a entrepreneur and a millionaire because both of these

things will help me become the best version of myself.

Entrepreneurships in building my own businesses and leading my field of vocation.

Millionaire to have all the money to give it away and build important things in my life.

I have always dreamed of having a big house, cars, money not because I am materialistic but because of my family. I want my family to have all the best things in life.

What I need to focus on is becoming a entrepreneur and millionaire because this help my family, wife, kids.

If I put in the hard work now, I would be able to achieve this.

I always loved Margate because it so peaceful / calm.

I would love a house in Margate by the seaside with the beach.

This is a big desire and I want this!!

Years ago, I spend time in Margate making a movie it was great and wonderful.

The mission is still the same to me.

Helping other people and give back.

Through this mission I seen everything I wanted in my life

All I must do is help more people and become financial stable.

This will take time, but I am patient and ready to wait for this

This is my own motivation and every day I want to make this become a reality. I have

This is my own motivation and every day I want to make this become a reality. I have my wife can be living well. I am working today from 07.30 – 15.30.

JOURNAL 2019 - DAY 55 -

I have had a very productive day. I worked from 14.30 – 22.30. I had supervision with my manager which was good. I feel tired today and bit restless. I am still helping other people and giving back which always make me feel happy. I want to start my own business in coaching. I always want to be my own boss and work for myself. The days / hours I put into helping others will get me to my dreams & desires.

JOURNAL 2019 - DAY 56 -

Today has been a great day I have been at work from 07.30 – 15.30. It always good helping other people and doing things to give back. The dreams is to have a family and business. I am working towards my dreams & desires every day.

JOURNAL 2019 - DAY 57 -

Today was a day off from work which is good. I went to the gym and created some videos. I love making videos and sharing positive information across the world. I realise I need to look for a relationship and find the right person to settle down with.

JOURNAL 2019 - DAY 58 -

Today I been making videos and listening to a podcast called social confidence mastery which is about how man can become more social. I really like the podcast I am learning a lot from it. I really want to start meeting more people and build a podcast of my own.

I would want to share inspiration messages about how you can become the person you want to be no matter what things you go through. Today I been working from 14.30 – 22.30. Work has been ok had a nice shift.

I want to build my social media presence. In order to do this, I need to release quality good content on all of my social media platforms.

My favourite platform is YouTube because I love making videos and getting new subscribers. When I finally set up my business website, I would want a following & traffic to come to that website so I am able to find new clients that want to work with me.

Social media is the future!!

The world has changed become more technological.

JOURNAL 2019 - DAY 59 -

Today was my day off I went to the gym and did a workout. After I finished the gym, I started to listen to podcast.

Podcast help me to learn new things about people.

I love listening to podcast. In the evening I start to feel low. So, I called the Samaritans to talk about what I been through.

Talking always help me when I feel low!!!

JOURNAL 2019 - DAY 60 -

Today has been a good day. I went to the gym at 11.00 and did a workout. I been listening to London Real Podcast. There was a interview with Robert Kiyosaki which was good and interesting. I have some idea to start writing a new book. I was thinking to call it "Be what you want to be".

I am going to think how people can be who they want to be.

I did some food shopping and now I am cooking chicken, rice, vegetables for dinner.

JOURNAL 2019 - DAY 61 -

Today I went to work from 07.30 – 15.30. I came home and just listen to lots of podcasts. I love podcast because I always learn.

JOURNAL 2019 – DAY 62 –

Today I am at work from 07.30 – 15.30. I have been reading a new book called Millionaire success habits by Dean Graziosi. In the book it talks about seeing the future/

How will you become the best version of yourself!!!

I must now reflect in where I am now in my life.

My current situation

- Been working in mental health for 5 years.
- I am at the 8th Job in my career as a mental health recovery worker.
- I live in a studio flat in Battersea.
- I am single.
- I am 30 years old.
- I have saving of over £4000.00.
- I love learning and reading books.

What does my future self lookalike?

- I am a millionaire.
- I live in a big house near the beach in Margate.
- I am married with 4 kids.
- I am a counsellor in my career in Mental Health
- I owe a business in life coaching.
- I am helping millions of people around the world.
- I am spending time with my loved ones.
- I am creating videos and music that has real meaning & value.

Writing these things down make me realise it possible to achieve these dreams & desires.

I need to spend time thinking, visualizing, writing how I want my life to be.

I have always had a desire to help other people and give back.

My life purpose is to help other people and become the best version of myself.

I want a life that has so much meaning & value.

I have always wanted a family of my own with children.

JOURNAL 2019 - DAY 63 -

Today has been good I had a day off from work. I went to the gym and did a workout. I spend the day listening to podcast and just relaxing.

JOURNAL 2019 - DAY 64 -

Today has been hard I was fine in the morning when I woke up. I went to the gym to do a workout. After the gym I started to feel low. I called the Samaritans and spoke about my feelings & emotions. It is difficult sharing personal things about myself but it one if the these that help me.

I got fibre broadband in my flat now which make the internet faster which make me happier.

JOURNAL 2019 - DAY 65 -

I woke up about 03.45 and began to make a video called helping lots of people. I think it so important to help lots of people because people need help. I learn the other day the biggest reward of helping other people is bring happiness, smile and enjoyment to people lives. Today I am at work from 14.30 – 22.30.

Work has been good today I feel much better.

I really would love to make music and produce sounds that will change the world. I need to buy a music stand and buy software to convert videos into mp3 files.

I want my music to be on all music platforms.

I am going to try and produce a new music instrumental everyday if I can.

This will help to improve my music skills and create things of meaning & value.

JOURNAL 2019 - DAY 66 -

Today I woke up feeling good. I cleaned my flat by moping and cleaning the floors and surfaces which I enjoy. I need to clean my flat more often. I made a new music track for the be more album which was a piano composition.

I need to get into the habit of creating music.

I need to find out how I can get my music on Spotify, iTunes, amazon, google play.

Today I got work from 14.30 – 22.30 and then got to sleep in.

JOURNAL 2019 - DAY 67 -

Today I have been at work from 07.30 – 15.30. Work has been good and productive. I have a few ideas about making new musical albums.

Before I work on the Be more album. I want to make a new album called Appreciation.

I am thinking about 6 tracks for the album.

This will help me to improve my music production skills. I have a sharp pain in my left side of my stomach I am going to call NHS helpline and see my GP to find out what this pain is.

I created a new beat called Appreciation for the album.

JOURNAL 2019 – DAY 68 –

I want my music to be on the best music website and mixtape website. Here are some that I am thinking of putting my music on.

- Soundcloud
- Mixcloud
- Soundclick
- Reverbnation
- Bandcamp
- Datpiff

I need to do some more research into the different music website.

I have work today from 07.30 – 15.30.

The morning has been good so far.

I have been very productive at work today and the shift has been good. I was reading in the book Millionaire success habits about the seven levels deep.

This is when you ask questions about someone why!!

The seven levels are deep questions about true purpose / reasons for doing things in your life. My reason is I don't want to be broke, homeless, poor again in my life and I want my children to have everything in life.

I will use this questioning in my coaching business when I set it up.

I learn a new word today – Masterful.

Helping other people and giving back.

JOURNAL 2019 - DAY 69 -

Yesterday after talking to the Samaritans, I learn a very important lesson.

Helping other people is not about you!!!

When people help other people, they always talk about how happy I am, I am fulfilled, I feel good, It give me satisfaction. NO!!!

Helping other people is about giving back and helping others.

Everybody always wants something good for themselves.

Nobody ever thinks about the person their helping.

This lesson has changed my life all together because I now realise helping other people is about them and not me.

That is what it means to be selfless.

To do things that are not basic on me.

Today I have work from 07.30 – 15.30. Today focus is giving back to other people to give them joy, happiness, success within their life.

Helping other people means everything to me.

JOURNAL 2019 - DAY 70 -

I had a day off today which was good. I went to the gym and did a workout. Today has been ok I really enjoyed the day off. My mind is still on helping other people and giving back. I realise I need to master every area of my life and I need to study more.

- My career
- My business
- My health
- My finance
- My spirituality
- My faith

Once I mastered all areas of my life, I would be a complete human being. The goal is to become successful; and become the best version of myself.

JOURNAL 2019 – DAY 71 –

Today I have work from 14.30 – 22.30. I am still trying to help other people and give back. There is always a powerful word that is use when supporting people.

The word is – A Difference

I must ask myself what difference I am making to people live.

Helping other people is everything.

I made a video a few days ago talking about the difference you can make in people

lives.

So many people don't make a difference.

They play games, have fun but don't help others.

The real problem in today world is people not helping other people.

This is the problem.

I want to help other people and give back in my life.

So, I do help other people and give back.

To be the best version of yourself you have to give back and help other people.

This is the way to joy, happiness, success, influence, significance, passion, purpose,

dreams, desires, ambitions, goals.

But for me while I am writing this in my journal

The word in my mind is the difference.

Helping other people and giving back is everything.

Do not get confused. NO, NO, NO

Helping other people and making a difference

JOURNAL 2019 - DAY 72 -

I had work from 07.30 – 15.30. Today was much better and I am still helping other people. I came home and just relaxed.

- Helping other people and giving back

JOURNAL 2019 - DAY 73 -

Today I went out of London for a Coaching event with The Coaching Academy. Today I learn about the Advanced OW. Options, Way Forward

Today I network with a lot of coaches and build some bonds with people.

The travel was long, but it was worth it.

Today I was at Crewe.

I got up at 04.00 I did not get back home until 20.30.

Been a long day and now I am tired.

Just want to sleep and rest.

JOURNAL 2019 - DAY 74 -

Today has been good I went to the gym and did a workout. I still want to help other people and give back within my life.

Helping other people & Giving Back

JOURNAL 2019 - DAY 75 -

Today has been hard I was struggling to deal with what happen to my family. I called the Samaritans and tried to have a conversation. It has been difficult to suffer many things. I realise I need to read the bible more and be more connected with my faith.

I was listening to Joel Osteen and a new pastor called Sam Rodriguez.

The messages have been helping me.

JOURNAL 2019 – DAY 76 –

I been reading the bible today chapter Philippines was talking about being united with Jesus Christ and making sure you count joy by following Jesus Christ.

In Philippines 1.21 it says – To live is Christ, to die is gain

This is one of the most powerful; scripture I read in the bible today.

To live is Christ, to die is gain.

I need to remember that my life is basic on my lord Jesus Christ and when I die, I will go to heaven.

I see the important of daily quiet time and making time for God.

Jesus Christ is my lord, and I will do things to honour my relationship to Jesus Christ.

I been thinking about ministry and having a preaching evangelism ministry of my own to honour Jesus Christ & God.

I will talk to my pastor at my church on how to start a ministry and what I have to o to preach the gospel.

In the bible it was talking about how Christ must be preached. If we do not preach Christ, the gospel would be heard to millions of people.

There are many pastors that preach gospel under all circumstances and problems they are dealing with.

Dag Heward Mills – Founder of Lighthouse Chapel International

Joyce Meyer – Founder of Joyce Meyer Ministries

Joel Osteen & Victoria Osteen – Founders of Joel Osteen Ministries

There are lots of pastor that teach and preach the gospel.

My calling Is not to be a pastor but to be a Evangelist.

I have never been good at studying or preaching but I feel I can win souls.

In the past I use to evangelize around London preaching the gospel.

If my dreams and desires are going to come true.

Reading the bible daily

I need to deeper my relationship with Jesus Christ & God.

How do I do this

JOURNAL 2019 - DAY 77 -

-

- Watching videos of sermons
- Prayer to God & Jesus Christ in the morning & night
- Fellowship with other Christians
- Reading Christians books

The way to the dreams & desires is believing in Jesus Christ

I did some research on how to have my quiet time I found an article on Bible Study Tools

The article said I need to do 5 things to have a good quiet time.

- Place
- Schedule Time
- Format
- Activities
- Discipline

Today I am at work from 14.30 – 22.30. Today I feel better and calmer.

JOURNAL 2019 - DAY 77 - 13/03/2019

Today on the train coming to work I was reading millionaire success habits by Dean Graziosi. It was talking about your story and changing your story.

For years now my story has been about what I have been through and suffer in my life.

This has stop e from living my full potential.

It said in the book.

Change your story, change your life.

To get to the future I need a new story. I am fed up of having days when I am; up and down. I must change my story by looking at who I want to become.

I have lots of dreams & desires.

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Teacher
- Counsellor
- Entrepreneur
- Millionaire
- Buy a home.
- Buy a Car / Motorbike
- Having a family wife & kid
- Travel around the world
- Building a business
- Building a Ministry

I now must think about my dreams & desires and work towards these things now.

I want to inspire millions of people.

My biggest dream is to become a Evangelist & Motivational Speaker that change the world.

I have a lot of skills, qualities that I can use to help people.

- I am creative.
- I am kind.
- I really care about people.
- I am honest.
- I am real.
- I can speak.
- I can teach.

The visions to have everything I want is the reason why I work so hard every day.

Motivational Speaker would be the best thing I ever do.

I can see myself – talking to people, teaching people, inspiring people, and making a difference.

These two habits I need to make my dreams and desires come true.

- Actions
- Learning

If I learn and take actions every day I will get to my dreams & desires.

The world is yours

I believe I can do everything that I envision in my mind.

I think sometimes I am so busy and always active doing something that I don't make time to be alone and think about my dreams & desires. I already achieve some of my dreams & desires so there no reason why I cannot achieve them all.

Writing in a journal has helped e think about what is important.

My dreams and desires

Learning, Planning, Taking Actions

If I learn every day, then I will get better and better.

JOURNAL 2019 - DAY 78 -

Today I have been at work from 07.30 – 15.30. Work was good today had an ok shift. I purchase lots of books on eBay to add to my library. I love reading books it always helps me to learn. I got a coaching session with Raj at 06.00 looking forward to it. I do feel tired, but I feel good.

JOURNAL 2019 - DAY 79 -

Today I have been thinking about creating my own website where I can sell my products and services online. I have always wanted a website of my own where I can touch people internationally. I need to think about what products and services I can sell on my website. The website that I am thinking of would be expensive to do due to the layout and pages.

What things I could sell

- Books
- Videos
- Audiobooks
- Audio Message
- Music
- Merch
- Courses
- Pictures

The dream would be to have my own business and website opened to the world market.

I have work today from 14.30 – 22.30 plus I am sleeping.

It has been a hard day today, but I am still helping other people.

The joy is everything.

Yes, the Joy wow wow wow

Helping other people and making a difference

JOURNAL 2019 - DAY 80 -

Today I have been at work from 07.30 – 15.30. Today I feel much better and more positive. I had a very deep conversation with Jian at work. We talked about our goals, life, values, beliefs, visions. It was a great conversation and I learn a lot from Jian. We work good together as a team.

The mission is helping other people and giving back.

JOURNAL 2019 - DAY 81 -

Today I been reading the book millionaire success habits and it was talking about the 4C that make you confidence.

Courage – Commitment – Capabilities – Confidence

Always four of these things will make your confidence.

I am learning a lot from this book. Your inner hero is become the person you want to be by living your full potential. I have work today from 07.30 – 15.30.

JOURNAL 2019 - DAY 82 -

Today was good had a day off from work. I went to the gym and did a workout. I was really resting and relaxing when I came home.

JOURNAL 2019 - DAY 83 -

Today I complete the Appreciation album. I still need to mix / master and put in the artwork before I realise it online.

I went to the gym today and did a workout which was good. My mood has ok today just been really chilling out.

JOURNAL 2019 - DAY 84 -

I been at work thinking about my new book "Be what you want to be" I want to start writing the book but I cannot think of chapters. I have chosen the music platform to release my new my album Appreciation.

- Soundcloud
- Mixcloud
- Soundclick
- My Flash store
- Datpiff
- Reverbnation

If I am not to tried, I will try to release the album today. I am at work today from 07.30 – 15.30.

I was so fulfilled at work today it was amazing. Everyone was looking at me with doo rags / blue tracksuit / new trainers. Get tattoos.

Yes!!! Everyone was looking yes true!!!

But you do not see why I am fulfilled.

Yes, you will never know I can say that yes never know.

When you give back and help other people. There is a Joy, Pleasure, Happiness, rewards.

The only questions is still one!!! Believe It!!!

Are you fulfilled Yes, Yes, Yes, Yes

Are you fulfilled from helping other people.

If you are not fulfilled, I will say forget it!!!

True fulfilment is spiritual riches!!!

Yes, spiritual riches.

It not about your houses, It not about your cars, It not about your money, It not about

your family. No, No, No

Spiritual Fulfilment is a Secret
Do you think the work I do doesn't come with it rewards.

JOURNAL 2019 - DAY 84 -

Believe me yes it does.

But it not what you think yes. O my house, car, money, family. NO NO NO NO.

It doesn't matter to me. It True

People want to look good. Yes. People want to buy things. Yes. People want to have family. Yes

Yes, you all want it Yes.

But who do you help to get it. Yes, Yes, Yes

The fulfilment is all the has value.

Without fulfilment your work means nothing. Wow again.

Without fulfilment you work means nothing!!!!

Yes

You want to help others. Right, you want to give back. Right

Then find fulfilment over the years / overtime.

People have been trying to find out what is joy, happiness, fulfilment or spirituality.

You find it when you help other people.

Stop chasing the things and do something to help.

There is a entrepreneur named Tony Robbins and he has such a powerful quote you

may never get it but I do.

Success without fulfilment is failure.

Ok

So, you can have all the riches yes. You can buy wonderful things. Yes

But are you fulfilled.

Fulfilment make life better. Fulfilment is true joy. Fulfilment is happiness.

The difference for me now is not who I help No. Not how I help. No

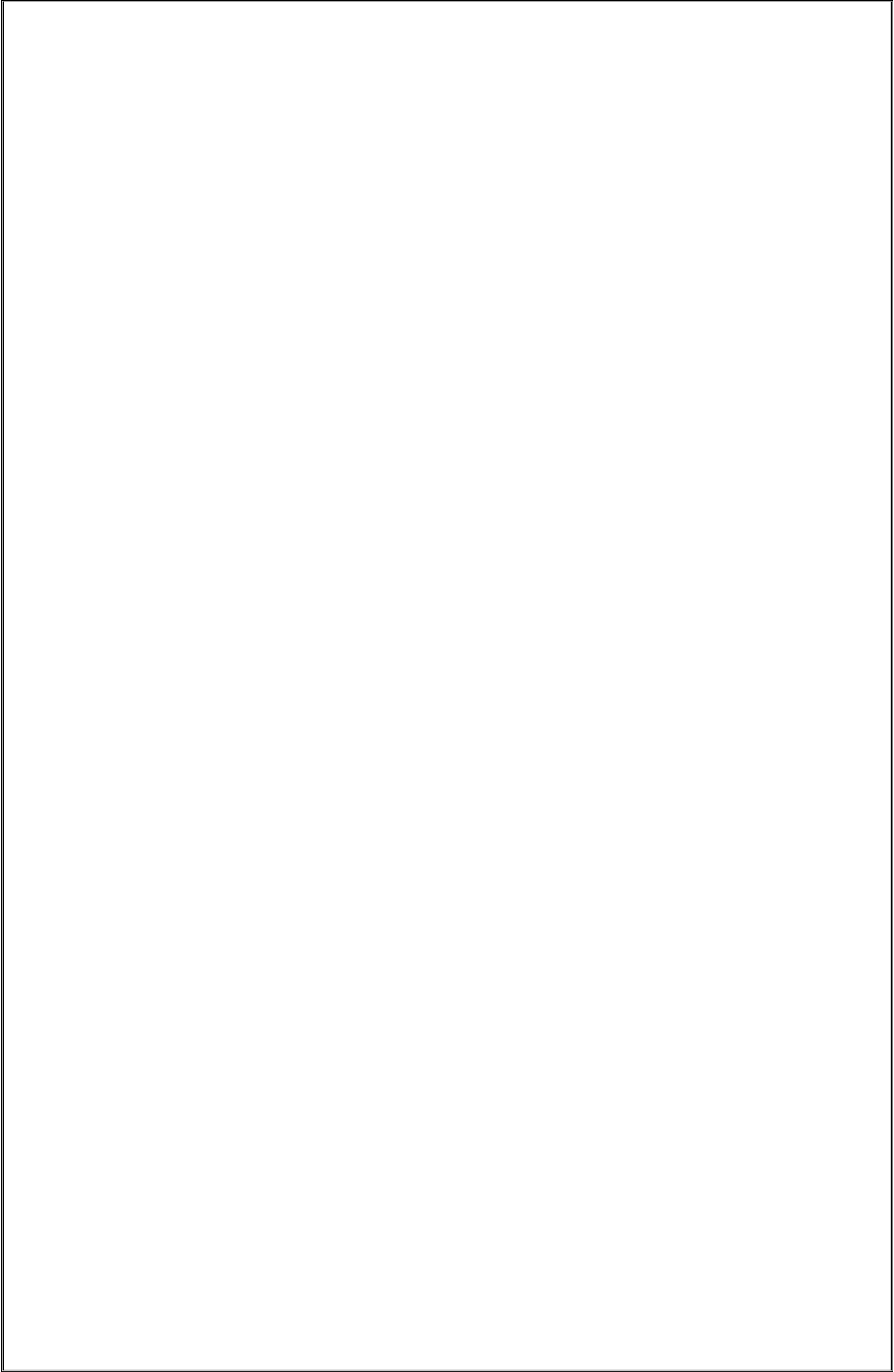
But how many people I help. Yes

Success is my motivation and happiness is my Joy.

Most people do nothing to help others.

My journal is everything to me because I can write and express and share.

People are not fulfilled that why the world is crazy.



Yes crazy.

A world of non-helpers

This is in the millions/billions.

Non-helpers / non-Givers

You can watch this forever millions of people depressed, unhappy, no fulfilment. It
crazy but truths hurt. Yes, the truths.

Who do you Help?

Where do you give back?

Where is your difference?

I have had a very long good working day. It very good to help others and give back.

I meet lots of people they say – Yes, I help people. O I think I can understand

Um – I do so much good work.

You can talk about it you can think about it you can chi chi about it but 1 thing do you
do it.

Yes, that the one does you helping other people.

When your more fulfilled and everything look positive. You will say – O it good for
me.

Yes, I am happy today. O – I am working productive

NO NO NO NO NO NO

Yes

If you see fulfilment may I ask, why don't you have it

Calling the Samaritans today.

JOURNAL 2019 – DAY 85 – 21/03/2019

I am still trying to think about what chapters I should do to write my new books.

Today I got work from 14.30 – 22.30.

Yesterday was a hard day but I feel much better today.

I need to find a way to deal with my angry because it could destroy my life.

What I can do to help myself

- Take a bath & shower.
- Listen to music, podcast, audiobook.
- Go to the gym and workout.
- Take a walk in a park.
- Write in my journal.
- Pray to God, Read the bible.
- Read a positive book.
- Watch motivation videos.

I am not in control of my feelings, emotions because I been through a lot in my life. I need to find ways to make myself stronger and happier.

I love writing in my journal because it helps me to think more clearly. I am now one on a personal journey to make myself happier and more fulfilled.

I still love helping other people but it hard thing to do.

For me to help more people I need to be able to control my feelings and emotions

Without doing this cannot help more people.

My big vision is to help billions of people around the world.

I have now planned what I am going to write about for the be what you want to be book.

It really helps to sit down and plan how you're going to create products and services.

It has always help me to write things down on a plan piece on paper.

I will start writing my new book today and spend time writing in the content to the book.

I am giving myself some space to change some of the things I will write about

My first book was about myself which was easy to write but this book is about the reader and not me.

I need to write in (Third Person) so I don't write nothing about myself. I only writing information that will inspire the reader and the readers can take away so important knowledge, wisdom, for themselves.

JOURNAL 2019 – DAY 86 –

I have been reading a book from Brian Tracy called 21 success secrets from self-made millionaires. This book is really good it has taught me some positive things already.

- Be a learner.
- Be the best in your field.
- Pay yourself first.
- Be excellence.
- Work harder than anyone else.
- Big dreams
- This book gets to the point and shows examples on how you can achieve your dreams.

These are the books I like to read.

I have worked from 14.30 – 22.30.

If I am going to be successful, I need to master each area of my life.

- Finance & Money
- Education & Personal Development
- Career
- Business
- Spirituality & Faith
- Family & Friends

There are lots of different areas of life but I need to be the best in all areas.

If I read this book, I will learn the secrets of the rich

I have started to write my new Be what you want to be, and it has been really good to do it.

I am learning as I am writing this book will be good.

JOURNAL 2019 - DAY 87 -

Today I went to the gym and workout. It was a good day had a day off. It good to help other people.

JOURNAL 2019 – DAY 88 –

Been feeling down / low but I still want to help people. I went to the gym and workout which was good. But in the afternoon, I began to feel low, tired. I had a very productive day.

Create music & videos.

Yes – Powerful Stuff but yes it to help other people yes.

I have been fulfilled and positive. Do I try to call the Samaritans over 20 times?

No conversation

Yes true.

None

Helping other people and give back is still everything.

Yes – Everything fulfilment.

Personal Satisfaction

Yes

The Samaritans sit down over the phone yes. They do not stand up and make a difference.

It is not the things in your life that matter!! But the service.

Motivation

Helping other people

Inspire

JOURNAL 2019 - DAY 89 -

Today I complete the book from Brian Tracy. It was a good read I learn a lot about the successful people and I will use the habits in the book to help me move forward.

I am at work today from 14.30 – 22.30 plus sleeping.

I still want to help other people and give back.

It is very important to help other people.

JOURNAL 2019 - DAY 90 -

Today I purchase a new audiobook on audible from Grant Cardone called 10x Rule. This book is good, and I have been listening to it.

In the book it talks about taking massive action.

The massive action is the way to become successful.

I read in other books if you work harder than anyone else you can achieve your dreams & desires.

JOURNAL 2019 - DAY 91 -

I went work today from 07.30 – 15.30. I had a run the whole recovery house by myself for a few hours. It is always good to help other people I really do love it. I been feeling good today and now I feel a bit tired that I have finished work. I have been writing more chapters in my book Be what you want to be. I have been reading a new book called wealth dragon way by John Lee & Vincent.

This book is good so far learn about what is true wealth.

JOURNAL 2019 – DAY 92 –

Today I am at work from 07.30 – 15.30. I realise from reading today the wealth dragon way that I must always be taking action every single day to be what I want to be. I need to spend time in each different areas of my life.

Action & Planning is the key to true success.

When you plan and then take actions you will go far in your life. In the book it was talking about not waiting or procrastinating. I need to focus on my dreams & desires and always take actions towards them. I purchase so more books from John Lee & Vincent Wong on eBay due to reading the wealth dragon way. If I now begin to do small planning and take massive actions every day I will get to my future.

The hardest thing is consistency.

Persistence and consistent is the way to achieve what I want in my life.

JOURNAL 2019 - DAY 93 -

Today I am at work from 07.30 – 15.30. Work has been good today done a lot of productive things and it good to help other people. Now I was thinking about my reach & influence on people. I would like to create great products & services that give people value.

My YouTube channel is growing slowly but I want to be able to reach millions of people just by 1 Video.

I need to make a bigger influence on people. Get out of the rat race. This is the change I need to do.

Yes, it great to help other people of course but the hours and time is crazy.

Learn this from John Lee and Vincent Wong in a book called the wealth dragon way.

Yes, I help people and give back but I need to go higher.

JOURNAL 2019 - DAY 94 -

Today has been a good day I went to the gym at 10.00 did a workout. I came back home made a video for YouTube. I did some writing in my new book that I am creating at the moment. I written out a daily planner of how I am going to start every day and finish every day.

JOURNAL 2019 – DAY 95 –

I have been feeling ok today I am at work from 14.30 – 22.30. I done a lot of writing for the new book. Work has been quiet which is good because we can focus on what we like to do. I am still reading the wealth dragon way by John Lee and Vincent Wong.

It was talking about becoming financial rich is about having appreciable assets, building a business, invest in property.

This book is good, and I am learning a lot. I called my twin brother Alex and he is doing very well.

JOURNAL 2019 – DAY 96 –

I had only 4 hours of sleep today because I had to go into work from 07.30 – 15.30. On the train I was reading the book the wealth dragon way.

I learnt that you need a money of adunande mindset to have more wealth. In the book it said there will always be money. I just got to realize how can I get my hands on more. The book is good, and I am learning a lot.

I feel tired today when I finish work I am going home to sleep and get some rest.

JOURNAL 2019 - DAY 97 -

I have been reading the wealth dragon way and it is talking about buying property and being a property investor. Real estate is one of the ways you can become rich. I realise being a Entrepreneur is bigger then I though.

Entrepreneurs have business in different areas.

What this means is they are good at 1 thing first then they diversity to different businesses.

If I am going to be a mulit-millionaire I need more than 1 business. I would like to be a successful entrepreneur.

I have completed my new book Be what you want to be.

The fulfilment I get from writing is so amazing and plus it helps other people. YES

Helping other people

That why I wrote the book to help other people.

JOURNAL 2019 – DAY 98 –

I have been at work today from 07.30 – 15.30. Work was busy today and I got a lot of work done. I feel tired but happy I am going home.

I love helping other people and making a difference.

The most important thing is helping other people.

The joy I get from my work is amazing and pure.

What I want to focus on now is writing the book on pdf files so I can send it to the

book publisher.

JOURNAL 2019 - DAY 99 -

Today has been a good day. I went to the gym at 09.00 and did a workout. I saw Ian (Coach) when I was leaving the gym which was weird. I been typing up the new book be what you want to be on my laptop which is good.

I cooked pasta, tuna, today which was nice.

I been feeling ok, and I catch up on a lot of sleep

JOURNAL 2019 - DAY 100 -

Today has been good I went to the gym at 10.00 did a workout. I have been feeling better in myself when I rest & relax at home.

I am still trying to write my book, but I didn't type anything because I was feeling tired.

JOURNAL 2019 – DAY 101 –

Today has been very hard but very enjoyable. Why? When you help other peoples. Yes!!! You see crazy things true but how calm can you be.

I have people stressing me out at work saying do this and that like I am a robot – No don't disrespect me. No

Helping Other People is the best thing to do. Why because it so rewarding. Yes. The years of helping other people is the real difference. You got people who don't serve no one true. You got people like me who give back. Yes

But how long are you going to do it for?

1 month, 2 months, a few shifts

No, I am different and unique and special.

People really don't know how to serve others.

What I understand in helping other people is people need help.

True. But when do they help themselves?

There is no answer to that. True

O we must help you and your loves ones. NO. The first part is helping yourselves. I

am proof of it. Yes, helping yourselves.

If you don't help yourselves don't even bother in trying to help other people. You got people who smoke hard. You got people who drink alcohol. Do I smoke. No. Do I drink alcohol. No

I am too different. These fast-paced people don't know nothing about helping other people that why they do nothing. Just sit there doing nothing. Yes.

I learn today that I can teach people. Yes

Teach people.

The way I use words to motivate and inspire people is a whole new secret.

To teach is a gift. The difference of helping other people is a consistency doing a

JOURNAL 2019 – DAY 102 –

career. People work a few days a week but there few hours never 50 hours, 60 hours even if possible 100 hours of helping other people.

The bigger secret is to teach people. Yes.

way.

They say O I help people O yeah, I give back. You don't

There are people who do not know nothing. True. Teach them and show them the
May I ask who you teach ok who do you help. Helping other people and giving back.

People are like dumb clowns. Always going fun time O wonderful things. No that
doesn't matter. Helping other people and giving back is everything. It is always good
to support others. But why? Not to boast your career, not for money or riches, Not to
have a cars or planes. NO NO NO

People helped me so I help people. This world is mess up.

The people who don't help other are the problems.

Teaching Is the way forward. Teaching is very important.

When you are passionate and focus in help other people this will help you to teach
and make a difference to people lives.

They like to party, drink alcohol, smoke and have all the fun. No

This is what I need to think about

Who to serve.

Where do I give back?

What difference do I make to others?

There is a real difference in helping other people that you don't know.

To suffer and go through pain seems to be funny but it is not it is serious.

Yes – The word is to suffer.

Have you ever suffered to help other people or not!!

To many people laugh, smile, and play games. They are never writing or being with

their journal why? They are jokers, non – Helpers.

Right now, I am on the trains to see hundreds of jokers that never help other people
or make any difference or contributions to people. Having fun. NO NO NO

Helping other people and making a difference.

Let me tell you something people are crazy with their flashy toys. House, cars, my fun,
Look at what people do and do the opposite. While you're on the train read a book

at home cook good food, When your sleeping listen to audiobooks.

Most people do nothing that why their depressed and unfulfilled.

Losers, Losers, True Losers

I believe my writing on the train is very important and their people on the train partying and have some stuff or just joking around.

These losers

Do something to help other people and stop doing nothing. It crazy man believe the craziness of people. But if you want to serve then help other people which will give you joy & fulfilment.

Helping other people is so rewarding and fulfilling. It always hard to help other people but the rewards are amazing. To many people don't help others and their life are disappointments. If you can help, please do and make a contributions to others.

Helping other people – Giving Back

JOURNAL 2019 - DAY 102 -

Today has been much better but I have felt angry and piss off. My twin brother Alex came to see me at 12.30 at my flat. It was good to see him and I was happy that he doing well and ok. I am at work today from 14.30 – 22.30 plus a sleeping.

Work has been ok and I feel more relax. I am really taking it easy today. The reason why I work so hard is because 1 day I will own a coaching business and have a wife & kids at home. It hard helping other people, but I have a bigger vision. I want my dreams & desires to come true by putting in the work.

JOURNAL 2019 – DAY 103 –

I was at work today from 07.30 – 15.30. Work was good and I enjoy myself. I was thinking about if I had all the money in the world what would I do. I will be running my own business in coaching, helping other people to be what they want to be. I will be making & creating events & videos that changes people lives as a motivational speaker. I would have a wonderful wife and kids of my own.

I know that my hard work will pay off in the future. It about working hard and achieving my dreams & desires. All I want to do is help others and look after myself, my family & friends. Yesterday I finished the book the wealth dragon way which was a great book to read. I now need to look at the future and become what I want to be.

JOURNAL 2019 – DAY 104 –

Today I have been reading a new book called You Be You by Drew Canole. The first chapter is talking about being committed.

Commitment is very important because if you don't choice to change your life then it will never change. The book has been good so far.

I have work today from 14.30 – 22.30. I still want to help other people and make a difference in the world.

JOURNAL 2019 - DAY 105 -

Today was ok I went to the gym and then came home. My mood was ok and I felt good. Gym always makes me feel better within myself and I enjoy going to the gym.

JOURNAL 2019 - DAY 106 -

Today went to the gym and just relaxed. Today has been a chill out day and enjoyed going to the gym.

JOURNAL 2019 – DAY 107 –

Today has been hard and challenging – Yes when you help other people it is hard. Don't be fooled by the tricky things.

Helping other people doesn't mean your riches. No

It not about your money. No

It about the contributions

It hard to help others – Yes because of problems. You may not have had problems that other people have faced. Yes

Today I helped over 3 people with their problems Yes.

Doesn't it make me good. No people are people and yes, we all need help.

Right now, after work I am writing, eating some grapes and fruit.

Why because I am trying to be healthy.

I don't want to go into this but it true. You never see people drinking water, juice, tea they so busy drinking alcohol, spirits, wines, vodka, champagne.

To have the healthy, to have a career, to help other you need to be different. When everyone laughs at you call your name and spit on your hard work – they don't know what I say to that. Let them. Let them.

These so call people are just average and dumb. True but how do I see that I tell you.

They smoke and they drink alcohol plus they work. If you are not healthy you are finished. Let me write it down.

Healthy – Is important.

Drinking alcohol and smoking you are finished.

You cannot be healthy if you drink alcohol or smoke.

But you do not see people losing their life through drinking alcohol and smoking.

Everybody think it so good wow yeah you know – I love alcohol drinks and yeah, I love to smoke. This is the killer of millions of people everywhere yes. Alcohol, Smoking.

If you drink too much alcohol and smoke too much see what happen to you.

Before I go on the train you guess what I saw. Yes. People drinking alcohol &

JOURNAL 2019 - DAY 108 - smoking.

smoking and see what difference is coming out of you.

This world is crazy, crazy, crazy.

No one like healthy. No one like wealthy.

Where like some clowns jump jump jump to your job and flashy toys.

Helping other people and giving back is everything.

Your problems don't compare to my problems that why I can say this.

What do I see when I am on the trains. Writing like this – I will not hold back for

People say it good to be drug out & high like the planes. No Stop drinking, Stop

anyone.

Losers/ Non – Helpers / Non – Givers.

It true My god. It a crazy place we live in. These fast-paced people who don't do nothing to serve or help other people.

You may not see millions of people just joking and laugh on their mobile phone.

This is not good, and people need to change.

Stop thinking like that help other people & give back, make a bigger difference.

People call me odd but you're a crazy black guy some stupid person. No No No

Helping other people and giving back is everything.

Your toys don't matter. Your cars don't matter.

Just serve people and be helping other people.

When you look at me you see someone who has gone through problems but has risen

up to help lots of people.

You would think everyone would do it. No No No

Not true why because they don't have courage, vision, passion purpose, motivation. Why? I don't know but I know 1 thing helping other people.

The world is a place of losers and people who don't give back.

I learn these years ago just because you want to help others some people don't want to

I am not a spiritual guru or a magician No
I just want to serve others and help in my own way.
That all

What really upset me is people do nothing productive in their life.

Productive does means doing things that contributions not sitting down watching tv or kiss your friends & partners. No

Putting in the hours and working to help other people.

The difference is working.

This is the most powerful thing I learnt. Work – Putting in the hours.

People do nothing because they are lazy and tired. True. Why is it I work 48 hours a week. Want to rest or have a day off. No.

I work 48 hours to serve other people.

The work is the secret Yes.

JOURNAL 2019 - DAY 108 -

Today has been a better day really calm and good. I am at work from 14.30 – 22.30 plus a sleeping. I was thinking about a mental health charity for people who are suffering from mental health conditions. Maybe this is something I can do in the future as a way of giving back to the mental health industry. My mood today has been ok, but I feel tired and want to rest well.

JOURNAL 2019 - DAY 109 -

I had work from 07.30 – 15.30. Today was ok no real problems I had to face. I went home and went straight to sleep. I have been feeling very tired and unmotivated recently.

JOURNAL 2019 - DAY 110 -

I had work today from 14.30 – 22.30. Work has been ok just been working and taking it easy. I called 111 for health advice about my tiredness and fatigue. The doctor said I need to book a GP appointment to run some blood test and get the right medication for my health. I try to call Specsavers but no one pick up. So, I will call them tomorrow to get my eyes test done. I just feel burn out and I need time off to sleep & recover from my mental health work.

JOURNAL 2019 - DAY 111 -

Today I have work from 14.30 – 22.30. I feel a bit better today but still struggling with the tiredness. I call the GP today they said your appointment is tomorrow at 08.00. I need to find a way to better my health and tiredness.

JOURNAL 2019 - DAY 112 -

I went to the GP in the morning to see them about my tiredness. The doctor said your sugar levels are high and your blood is high. You need to go to the hospital to check if you have diabetics. Now I am at the hospital waiting to see the doctor. I have already done my urine test / blood test.

JOURNAL 2019 - DAY 113 -

I been in the hospital all day trying to get treatment for my diabetics. The doctor said they will keep me over night to see if I get better.

JOURNAL 2019 - DAY 114 -

I feel a bit better today. I have managed to have a shower, eat breakfast, have lunch and eat fruits for dinner. I am still in hospital and will be here over the weekend. My diabetics is improving with the right treatment. But this is all new to me and I need to get used to it!!!

JOURNAL 2019 - DAY 115 -

I am still in hospital getting treatment for my diabetics. I feel more better today even doe it difficult. I am not allowed to eat or drink food that have high sugar. When I went down stairs to have a look nearly everything has sugar in it. This diabetic will be a challenge to overcome and get use too. I am already struggling with the fact that I cannot eat the foods and drinks that I want.

JOURNAL 2019 - DAY 116 -

I am still in hospital, but I feel better. I went to the garden and sat down the chair. The nature was beautiful and amazing. My twin brother Alex came to visit me in hospital and I spend some time with him which was good. I really want to go home now and get back to work. I have been drinking lots of water and It has help me to feel good.

JOURNAL 2019 - DAY 117 -

I am still in hospital, but I feel much better. I realise that I need to take things easy from now on. I still want to help other people and give back. I think being in hospital make me realise I need to achieve my dreams & desires. Being an entrepreneur has always been one of my dreams. I would like to help people all around the world and leave a legacy that is truly remember.

When I get out of hospital I am going to focus on my health and make sure I spend time really looking after myself.

Right now, I am being tested to see if I can handle new adversity.

I am going to use my health conditions to motivate me to the top. I have been through a lot but there is always lessoned to be learnt. The lesson I learnt from having diabetics is that being healthy is a lot more than just the body. It is also your mind & spirit.

I am now going to truly pursue my dreams & desires and make the most out of my life.

- Focus on health, family, friends, business.

JOURNAL 2019 - DAY 118 -

I am still in hospital but feeling better. The doctor said I should go home tomorrow but it is not promise. I feel rested and happier that I got my health condition sort out.

But this is just the beginning I got to put in the work to the new lifestyle.

I feel like I am ready to do this, but it will be hard. Today I feel really piss off. Yes

I want to help other people and give back because I want too.

I am fed up with seeing people, messing about, joking, have fun.

No No No

Helping other people and making your difference. I am at hospital seeing nurse doing the most positive work. I feel so happy for them.

Then we got the negative. People just like me being in bed have a relaxation.

NO NO NO

I sat down and spoke to a nurse about how I was feeling. I told her about my sadness and angry when it comes to helping other people. She helped me a lot see that maybe I need a new job and find people who are like minded.

People will never thank you to help other people. True

There are some hard lessons I learnt today but I am going to go through some changes. I have control on the things that I can deal with. Nothing else

Being in hospital has change me.

I was thinking about the bigger career, business, family, house, car but now it doesn't matter.

I been through too much and it is hard to cope with it.

When I come out of hospital, I want to clean my flat and then go to the park and chill. I want to cut off my family because they cause me so many problems.

Before my mum had breast cancer and grandad pass away. I was very happy working in mental health and supporting people. Then all of this negativity came in my life which was too much. I realise it about going through problems when they come in your life. I dealt with lots of problems, but I find the way to rise above it.

I need to be alone and look after myself from now on.

suffer.

I have a lot of angry and resentment, bitterness towards my family. I remember when I love my family but don't want to be around them. Why? Because they cause me to

I was ill, they all thought I was lying. NO NO NO

There too much pain in my life and which my family has cause me and that why I am struggling because of them.

I need to focus on myself and make sure I am ok. Find people who give you value and also help other people.

JOURNAL 2019 - DAY 119 -

Today I am still in hospital, but I should be going home today. It been a hard time but I am now ready to go home and get back to my lifestyle. I know things are going to changes but it is for the better. When I go home, I am going to clean my flat and then pay some bills. It will be good going back home and doing some of the things I enjoy.

JOURNAL 2019 - DAY 120 -

I am back home now and it feel good to be back. I have been having to change my meals that I eat. Now that I have diabetics, I need to take insulin and blood sugar test with the equipment the doctors gave me. This is a change, but I should get used to it.

I have just been resting at home and chilling out. I gave work my sick note / discharge letter to Brigita.

JOURNAL 2019 - DAY 121 -

I went to the gym today from 12.00 – 14.00. It was good going back to the gym after being in hospital for a few days. I went to the whole food market in Clapham Junction and spoke to a member of staff about the food I should be eating. I am slowly getting use to not eating sugar but it will take some time. I feel lighter and more alter.

Hopefully I can use my diabetics condition to become a positive thing.

JOURNAL 2019 - DAY 122 -

Today has been ok I have just been resting and looking after myself.

JOURNAL 2019 - DAY 123 -

Today I went to church and really enjoy listening to the message that my pastor preached. I learn a new scripture 2 Timothy 1.7.

This scripture talks about having power and love and being a child of God.

I love my faith and I really need to go to church more. I came home and I started to talk to the Samaritans I had a lot on my mind. I feel better in myself and talking always help me to deal with my feelings & emotions.

JOURNAL 2019 - DAY 124 -

Today I got my hair done by aby beauty salon. It really needs to be done because it was dirty. I went to hospital for my appointment. The doctor said I may have type 1 diabetes but there could be a better way of managing my condition. I like my doctor he really cares about me and he is very professional. Things have changed a lot but I am starting to get use to the new changes. I want to use my diabetes as a positive thing and make sure I am healthier and better in myself.

JOURNAL 2019 - DAY 125 -

Today I have been at home chilling out and resting. I got my delivery of my fridge and washing machine which is going to help me in my day-to-day activities. I apply for a job as a Lead Peer Support Worker. This is a job that I want because I was a peer support worker before. I am feeling better within myself and feel like I am growing as a person.

I need now to focus on my life coaching diploma, and I need to coach some people.

JOURNAL 2019 - DAY 126 -

I am so fulfilled and happy right now. Why? Because I'm helping other people. The joy in my life is helping other people. People talk about your work, your job like it so great thing. No No No

What job you do serving people. Yes, helping other people & giving back

People are so crazy I will tell you they want a bigger house, so more cars, some more things, some more stuff. NO NO NO

When you give back and serve you see the difference

People are ungrateful and negative it like one big negative experience.

For me it about helping other people and making my difference. People never make a that difference why? Nothing positive is coming out of them in their life.

Working in mental health is a rewarding thing to do. I tell you things are crazy, I mean crazy.

But you know what many people don't see these crazy things. Why? Because they help nobody other than themselves. Yes me, me, me, I, I, I

That how everyone is. When you have a career in helping other people you get more fulfilled. Yes, the secret to fulfilment is helping other people. This writing is for me and my development. I been through some hard time, but you know what I rise up above it.

I been helping other people for years. Yes, that me rising and making my difference. One question?

What difference have you made!!

Do you support lots of people!! Giving back

What work do you do. People get to do lots of fun things you know drink alcohol, take some drugs, smoking.

Some people talk about dumb things. NO NO NO

Where are you helping people. How are you doing it. These people say O I help people in my life. O I do give back, O I am good. NO NO NO

The pain and the difference is the real rewards.

What you go through and how you rise from it.

Yes, Yes, Yes

How you rise from it. I helped lots of people. Why? Because I want to

What you go through make the difference. Pain, Suffering, Problems I been through it. Have you been through any pains in your life. Have you seen any bad thing too.

Have you gone through any problems. You think it funny to give back and make my difference. NO NO NO people are very dumb and stupid.

They been through nothing, but they want the rewards and money. NO NO NO

The pain is the rewards. The problems is the rewards. The pain I have been through is so hard is so difficult, but I am pressing on to do my amazing work.

Helping other people is so rewarding and fulfilling I tell you. There no better feeling like it. The people with problems do nothing. They just be depressed and unfulfilled.

People don't know your story. They say rise and work hard. NO NO NO

Work the way you want to work and do what you want to do. It crazy but I am still happy and content. I want to help other, and I will help others. People are crazy. NO

NO NO. The world is crazy it is such a negative experience, People do nothing to serve.

I am on the train, and I see negative people. Yeah, it true out of all these people. Who makes a difference. Yes, who make a contributions. Well, you know I don't know but yeah maybe someone knows.

The world is a negative place with depressed people in it. It my job to serve these people. You know why? Because it the right thing to do. The hard days. The challenging times, all have a meaning to me.

My pain are my rewards. My hurt are my rewards. My challenges is my rewards. My problems are my rewards. Yes

When you suffer in life, I will be the first to say it. You will change. Yes

When you suffer you will change. It the pain that make the difference. You want to be fly, you want the riches. Well do something to help another person. Yes

When you suffer you will change. Suffering make you change.

Some people have not suffered anything that why there life has no meaning in it.

Pain, give you meaning. Pain, give you meaning.

Without the pain you have nothing but dry problems. The pain and suffering is making

a great difference to me personally. Yes

I am happy when I go through pain.

I am joyful when I suffer.

The suffering is making the difference. I have to work just like you, but the difference is serving people. Pain & Suffering.

My real difference. You help more people when you suffer. Talking to Samaritans always help me. Suffering is the secret of helping other people. Helping other people

Overcome the pain.

Helping other people

Don't be a non-Helper

JOURNAL 2019 - DAY 127 -

Today has been good work was ok and I really enjoyed helping other people. I have big dreams and desires to own my own business in coaching. Early today I spoke to Paul and he said call him back next week about looking for jobs. I feel more strong and more fulfilled. It very good to help other people. Now I just finished work and I am going home. I need to do some food shopping tonight for my flat.

JOURNAL 2019 - DAY 128 -

Today has been good I have been at work from 14.30 – 22.30. I brought a new book about how to set up your coaching business on eBay.

I really want to start my business and help people achieve their dreams & desires. I am now managing my diabetics very well and I am eating the right foods.

I do feel tired, and I am looking forward to my day off tomorrow.

JOURNAL 2019 - DAY 129 -

I had a great day off I went to the Gym and workout. I love having time to do what I love which is not just helping other people. I love the gym, I love healthy foods & drinks, I love sleep & relaxation.

JOURNAL 2019 – DAY 130 –

I have been helping other people and I am proud of myself. Yes – Proud

I love the work of helping other people you know why? Because it matters

Helping other people and making a difference`

I know something very important. Helping other people and making my difference. I

want to share the positive things and impactful things and the things that matter.

Seeing people in the dumps is part of helping other people. See people depressed,

low/down. What is the difference you are making to people. Have you ever helped

other people. Do you give back.

Helping other people & giving back. Do you help?

Is one important question.

Do you help other people and give back.

Right now, the world is confused with people who don't help others.

I have seen this for so many years!! Its true people doing nothing, people talking shit.

No one is helping that why the world is mess up. Non-Helpers.

Being alone is one of my secrets. Away from all the noise and the crazy people. Going through problems yes is a secret. Yes, going through problems is a secret.

Today I saw someone so depressed and unfulfilled it make me sick. It true – it true but do you see people like this.

No Purpose

No Passion

Just problems

I am so fulfilled and grateful to help other people. In this world of noise, fast-paced

people who don't do nothing to help other people.

I have seen the career of my dreams. The business of my dreams. Why? Through – helping other people. Do not be like the rest – Be different and you will make your difference.

I am very passionate about helping other people for many reasons. I have gone

JOURNAL 2019 - DAY 131 -

through lots of difference things. But to help is everything for years I am helping other people and I am sure my dreams will be fulfilled. Things take time to show it never in a rush thing.

Dream of come true by serving. Yes.

It not how many things come into your life. No, it about how you serve people.

I dream more and more and see more and more but helping others is still everything. I know people who serve other people of course and I know people who don't. True

The people who don't are losers. Their life has no value. There are not even healthy and talk lots of bullshit. Not to judge but it true.

Many people are not serving that why their life's never change. Not because their bad or good. Just because they don't serve. When people talk about money, things, careers. We normally do not want to support people. We say O money, houses, cars, family.

That is the way of everyone. You're not a giver, you're not a helper and you made no impact. Maybe that why I stay by myself, looking for the right people to talk to. I am always alone in my work and career, but I know I have God with me to help other people.

I have a journal about my faith and Jesus Christ, and I wrote that years ago.

Fulfilment is spiritual. True

You cannot see fulfilment or positive work because why?

Your average and you don't help people.

I realise now why I am writing this journal for my future kids. I remember having a vision that I was going to have a daughter in my life and teach her what I know I had vision also having a son. This journal is for my children future. I want them to read this and be inspire. If I have kidded the will learn to help other people in their life, I see more dreams coming true. I can just see it.

JOURNAL 2019 - DAY 131 -

Today I have been at work from 14.30 – 22.30. Work has been good just been doing a lot of paperwork and taking it easy. I watch training day the movie was good really enjoyed it. I still have a big ambition to help lots of people all around the world. I have begun to start praying again. Prayer is a good way for me to build my connection with God. I want to get deeper in my faith and really do extra work to help my church. I would like to start evangelism again and bring people to Jesus Christ. I am now going to focus on myself and make sure I do the things that make me feel good and joyful. I love going to the gym because it always makes me feel better. I am doing a sleeping today so I am not going to finish work until tomorrow.

JOURNAL 2019 - DAY 132 -

Today I was at work from 07.30 – 15.30. Work was good did a lot of productive work. I came home and cooked pasta with tuna. I really like cooking and enjoyed eating good food.

JOURNAL 2019 - DAY 133 -

Today I am at work from 07.30 – 15.30. I been thinking about my dreams & desires and I really want to become a motivational speaker. I have apply to 3 different volunteering position.

1. Working options
2. Water Aid
3. Faith / Belief Forum

Hopefully they will contact me in a couple of days' time. I realise now I need to develop the areas that I want to become.

My dreams & desires

- Author
- Mentor
- Life Coach
- Motivational Speaker
- Evangelist
- Musician
- Teacher
- Counsellor
- Entrepreneur
- Millionaire

If I spend time in the areas, I want to develop I will become much better and be able to achieve all of my dreams & desires. I am going to look for books, courses, events, seminars in these areas.

I realise I need to be putting in much more effort I been a bit to layback. When I go home today, I will spend 1 hour writing up my book called Be what you want to be and finish some of the paperwork for my coaching diploma.

I been thinking about my own business in coaching and building a business that is

JOURNAL 2019 – DAY 134 –
very successful. In my business I want to do many things

- Be internationally known.

- Build a social media presence.
- Help people all around the world.
- Produce products & services that have value.
- Have a team of passionate people working for me.
- Be able to pay people for their time of working with me.
- Help client to achieve their potential.

These are some of the things I want to do in my business. I need to now work smart and focus my time on developing my skills & abilities.

If I become a motivational speaker, I could grow my audience and impact on the world. My real motivation now is to achieve my dreams and desires & become the person I want to be.

I will now focus more time on doing my course because once I finished, I can set up my own coaching business.

I need to create more content – Books, Messages, Podcasts, Audio, Music, Articles

If I produce more I can be more

I need to develop in all the areas I have a passion for

- Business & Entrepreneurship
- Health & Fitness
- Relationship
- Faith / Religion / Spirituality
- Money / Finance
- Public Speaking
- Mentoring
- Coaching / Personal Performance
- Authoring / Creative Writing
- Teaching
- Counselling
- Musicianship
- Socializing

- Healthy Food & Drinks

If I write a plan on all the things I want in my life and then write the difference areas I need to develop to achieve the things I desire.

I want to use my time more wisely and devote time into my passions.

I love creating and using all my skills to develop positive products & services.

When I made my website, I want it to reflect everything that I am into and show all of my products & services. If I focus on my dreams & desires every day I will get there more quickly.

I am a creative person, so I need to develop my art skills.

- Photography
- Video Editing
- Audio Editing
- Directing Videos
- Graphic Design
- Music Production
- Song Writing

I love creating and I want to get better in my craft. I want to create things of value that will help other people. If I produce positive things my impact will grow larger, and I will make a bigger difference.

I want my legacy to be massive and I want to change as many lives as possible. I am focus and I got what it takes to achieve my dreams & desires. If I put in the work while I am Young. I can only imagine how big I could be in the future.

JOURNAL 2019 - DAY 134 - 09/05/2019

Today I am at work from 07.30 – 15.30. I am thinking about my dreams and desires. I feel like I need to plan more and make a real plan on how I can achieve my dreams & desires. If I work on the areas where I would like to improve this will help me to achieve it.

Life Coach – I am current doing my life coaching diploma with the coaching academy and it is going slow. I need to improve in the paperwork and practice more if I want to be a good Life Coach.

Mentor – I did mentor 2 years ago and I really enjoyed my volunteering experience. I received training to become a Mentor which helped me to do the volunteering. I feel like I could get some more experience in being a Mentor and I need to read more mentoring books.

Author – At the moment I am writing up my second book Be what you want to be. I have typed half of the book on the computer, and I need to finish it off. When I get more money, I will publish the 2 books I have made so far. Until then I need to think of more ideas on different books I can write.

Motivational Speaker – I have no real experience in public speaking, but I have spoken about my story to other people. At the moment I have applied for a few volunteering positions as a speaker. This will help me gain some experience.

I still want to do the ginger public speaking course and develop my public speaking skills. I need to buy some books on public speaking too help me become a better motivational speaker.

Musician – I have not been creating music recently due to work, but I still love music. I would like to create songs again and beats. I may need to do a music production course and song writing course.

Evangelist – I had a meeting yesterday with Reverend T and Fred at my flat. I need to get back into evangelism and preaching the gospel. I still need to work on reading

the bible every day and praying every day.

Teacher – I have no real experience in teaching. I always wanted to teach people. There are ways I can become a teacher. I could do courses on teaching, read books on teaching, get work experience in teaching. Once I learn how to teach effectively, I can really make a bigger difference in my business.

Counsellor – I have been in therapy before, and I have a real understanding how counselling is. I need to study a qualification in Counselling.

I have seen jobs & volunteering positions of where I can be a counsellor. But first thing I need to do is to study which is difficult right now as I am already studying my life coaching diploma with the coaching academy.

When I go home today, I am going to sit down and write how I am going to achieve these dreams & desires. I need to be more organise and more productive when it comes to my paperwork.

I want a business where I can teach people and educated people. Through motivational speaking and teaching I could help a lot of people. I need to practice how I can share my story. If I practice how to share my story, I will get better at it.

I have shared my story to many people and it always inspire people when I do. I want a business that is catered to people learning & growing in their life.

My greatest goal is to be a motivational speaker and help people through telling my story and teaching people. I want to be one of the best motivational speakers. I want to learn and become better.

I have always dreamed of talking & speaking in front of millions of people. I think becoming a motivational speaker is one of the most fulfilling things you can do.

I am going to watch videos of motivational speaker and learn how they impact their audience. I need to choose a topic to talk about which could change people lives.

The best speakers have a area that they are specialist in.

I want to create things that have real value and meaning to it. How I feel about helping other people is that it a great thing to do and I am passionate about it. I need to focus on my own self development and discover my true potential.

What am I passionate about?

- Health & Fitness
- Music
- Mentoring
- Coaching

- Books & Authoring
- Public Speaking
- Counselling

- Faith & Spirituality
- Teaching

I have many passions and I want to be good at all my passions. I want to create videos on Self Mastery.

- Finance & Money
- Health & Fitness
- Relationship
- Social
- Family & Friendship
- Career & Business

I want to start creating series of videos talking about life topic & subjects.

For example

- How to earn more money
- How do you develop your fitness

Life mastery is a skill in itself and we need to develop every areas of our life. I want to have a balance and be content in all aspects of my life. In order to find the balance, I need to know what it is.

JOURNAL 2019 - DAY 135 -

I am learning from a YouTube channel called Project Life Mastery and it is amazing. Stefan James the founder is teaching about entrepreneurship, business, life. Today I learning to be resourceful.

Do whatever it takes to succeed.

I had work today from 07.30 – 15.30. I helped a lot of people today. Had supervision which was just ok people don't understand you. True

Helping other people & giving back is still everything.

I will never be a manager in my life because they don't work on the front line. Manager don't really support people. They want to get higher in their career. They don't work on the frontline.

Helping other people & giving back

The fulfilment is everything.

Giving back and helping others

These managers make no difference.

I hate managers. Not all managers.

Helping other people is not about you. True

Serving is the secret.

It not about you. I want to help other people and make a difference.

Share your story.

JOURNAL 2019 - DAY 136 -

Today I went to the gym and did a workout. Today has been good just been relaxing at home and listening to podcast.

JOURNAL 2019 – DAY 137 –

Today has been hard I had a very emotional talk with my twin brother about the family. It made me upset and sad and then I spoke to the Samaritans and talked about how I was feeling. I hate some of the people of my family because they don't help others. My family are money hunters. Always chasing after money, houses, cars. I love my twin brother and honour him but no one else in my family. I am still helping other people and seeing dreams come true. I have always been passionate about helping other people. I went to church today and I left during the service. It became hard to listen to the preaching.

I am suffering but I am learning. Always help other people and make a difference. It is the only way to achieve your dreams and desires. Many people help no one and it is true. It is hard to see it but true. I would say money is a reason for it. Some people may want bigger houses, cars, money but they never want to serve.

Being away from my family is the way to help more people. My family are negative and think about themselves. I can not be apart of that. I need to stay alone, humble and focus on my dreams & desires. Staying alone – Being in your own lane – Stay focus on your dreams and desires.

I will help more people by being away from family. True

My family hurt me because I love them. It is hard seeing them misbehaviour and fool around. I made mistakes and I am not perfect. I have hurt people and family but staying away is for me. Not for them.

I have abuse people. I have hurt people. I have not been good. But I can try and help other people and change the mistake I made. It is hard and lonely but this is how it must be in order to help others.

JOURNAL 2019 – DAY 138 –

I realise helping other people is a lonely road to walk down. I want to help other people and many people don't feel the same way. I am at work today from 07.30 – 15.30. I will be helping other people again. I realise I need to work on my dreams & desires, and I am going to spend time writing and planning what I want in my life.

JOURNAL 2019 - DAY 139 -

Today I am at work from 14.30 – 22.30. Today I written out my dreams & desires and the vision I have for each of the dreams & desires. This is going to help me by visualize where I want to be in my life. I want to help other people and also change people lives for the better. I am passionate about helping other people and I want to make a difference.

JOURNAL 2019 - DAY 140 -

Today has been good I had a day off. I went to my diabetes check-up. Everything seems to be ok with my diabetes. I went to the gym and did a workout. The gym was good. I spoke to Samaritans because I was feeling low.

JOURNAL 2019 - DAY 141 -

Today I have been at home really relaxing and chilling out. I had a day off today. I have been sleeping and write up my book Be what you want to be. Hopefully I will finish typing up the book by the end of the week. I really have a desire to write more books.

JOURNAL 2019 - DAY 142 -

Today has been good I have been at work 07.30 – 15.30. My mind is feeling better and I am still thinking about helping other people. I want to build my business and live life on my own terms. Listen to podcast really help me and reading books. I need to book my practical assessment for my coaching course. Which I will do sometime today.

JOURNAL 2019 – DAY 143 –

Today I have work from 073.0 – 15.30. Last night was hard I didn't get much sleep. I am still going through a hard time due to family problems. But I realise I want to create things of value and make the biggest contribution I can make.

Helping other people and giving back

Serve your way up.

I just start to write notes on my mobile phone about my dreams and desires. This will be something I look at every single day.

I need to focus on my happiness and success. I am still trying to complete my book. Be what you want to be. I haven't got much more pages to type up. Hopefully I can finish it this weekend. I still need to book my practical assessment for my coaching course. Helping other people is my mission. I want to serve to the best of my skills & abilities.

I am going to give my all every single day to create products & services of meaning and value. I am on a journey, and it is a hard road but you can always serve and help other people.

People are just negative, and they never create things of value. I am passionate about helping other people and making a difference. My real difference has come from my pain and adversity. I have suffered and gone through deep pain. But today I will serve and help other people in the mental health industry.

JOURNAL 2019 - DAY 144 -

Today I am at work from 14.30 – 22.30. Work has been busy but good. I finished my short books The 15 Successful Habits.

It was good writing it and I believe these habits would help a lot of people. I feel tired but I am focus on my business. I need to complete this coaching diploma this year.

So I may have to work a bit harder on the course. I feel in a good mood so far and just can not wait to finish this shift.

JOURNAL 2019 - DAY 145 -

Today I had work from 07.30 – 15.30. Work was good I was busy at work. I really need to become a life coach and pursue a career in life coaching. I want to help millions of people get to there dreams and desires. I got a coaching session with Ian today at 18.00. I am going to use the things that I learn in the coaching session. Plus, I need to book my practical assessment. I am passionate about life coaching. It has been hard today I had to call Samaritans for most of the evening. Helping other people and making a difference. I book my practical assessment with the coaching academy today. I had a great talk with Raj today. It hard helping other people, but I need to do it.

- Helping Other People

JOURNAL 2019 - DAY 146 -

Today I had work from 14.30 – 22.30. Work has been good and it been a quiet shift today. I brought some more books on how to be a Life Coach. When I get paid on the 25th May 2019 I am going to buy some more books on Public Speaking and buy the course from ginger public speaking.

I still want to help other people and give back and I love my work.

Today I had a thought of I need to spend more time outside in different environments.

JOURNAL 2019 - DAY 147 -

Today was a hard day. I went to the gym and did a workout. Then I called Samaritans because I was feeling low. I would like to be a Samaritans in the future and really help people over the phones. When I am low, I need to listen to motivational audio messages and have a hot bath. To help me cope with my feelings & emotions.

JOURNAL 2019 - DAY 148 -

I had a good day today I was at home writing up my new book Be what you want to be. I am almost finish with the book. I went to the gym and did a good workout. After the gym I went to the park and enjoyed nature. I need to spend more time at park with nature. I feel better within myself today. Gym really helped my mind and body.

JOURNAL 2019 - DAY 149 -

Today I had work from 14.30 – 22.30. Work was good. I am reading a social media marketing book which will help me improve on social media. I almost finished how to be a successful life coach which has been a very good book. I am going to sleep for a few hours then edit my book. Life story with more words.

JOURNAL 2019 - DAY 150 -

Today I am at work from 14.30 – 22.30 plus doing a sleeping today. Work has been good. I been reading the book how to be a successful life coach and I am nearly finished. I am very passionate about helping other people and I love supporting others.

I feel fine today it been a quiet shift. Had a hard night and I called the Samaritans due to feeling low & down.

JOURNAL 2019 – DAY 151 –

Today I am at work from 07.30 – 15.30 doing this shift by myself. Work has been quiet today and I have just been reflecting and wondering. I am still having hard days that are not easy to deal with. I think it because I been through so much.

It a struggle to continue to help other people when I have a hard time dealing with my feelings & emotions. I am still focus on helping other people and I want to make a impact. Today I was thinking of doing a audio message album about the mastery sessions by Christopher Rose.

I want to do a podcast and have a podcast that is listen to by millionaires of people. The businesses I want to create are.

- Coaching Business: help people achieve their dreams & desires.
- Counselling Business: help people in therapy overcome their past
- Online Business: Building a massive social media following where my products & services are helping millions of people worldwide.

I want to make a real impact and difference in people lives. I am so passionate about helping other people because I was helped many people years ago.

I think money is very important and with more money you have better choices. I have realised I need to become a entrepreneur and millionaire. The money will give me freedom & time.

With my freedom & time I can help millions of people.

I want to find ways of making money online.

If I can earn more money, I can put it in my business.

Right now, I don't have the freedom I desire.

I would like to do what I want with my time every day.

Right now, I work as a mental health recovery worker. I had 8 jobs with mental health industry. I have thousands of pounds in savings. I am creating videos on YouTube.

I would love to coach people everyday and use some of my own resources to build my business. I really need to focus on my coaching course and finish it. Only then I

JOURNAL 2019 – DAY 151 –

could start my own business. It been hard today again I feel angry and piss off.

Helping other people is my passion and I love it. Many people don't see it.

They think I want big houses, cars, more money. NO

I want to serve and help other people.

It hard but worth it.

Helping other People – Making a difference.

I been reading a powerful book called living on the skinny branches by Micheal Strasner. In the book it talks about people like rats – chasing after homes, cars, family, friends, goods, stuff.

Don't be like other people who chase after these things – Be different.

JOURNAL 2019 - DAY 152 -

Today I am at work from 07.30 – 15.30. Work has been ok. I have been thinking about my fiancé and income. I want to become a millionaire before I am 50. This is a real goal because if I can have more money, I can help more people. I been reading some articles about investing and I need to start investing for now. I got 20 years to become really rich.

JOURNAL 2019 - DAY 153 -

Today I had work from 07.30 – 15.30. Work was busy today but I did well. I want to make a new YouTube video talking about the balance of life.

In life it so important to find balance and make sure everything is in order. I want to create a life that I can be what I want to be and pursue my passions. I love many things.

- Business & Career
- Family & Friendship
- Health & Fitness
- Relationships & Girlfriend
- Music / Fun / Social
- Nature

I want to find the right balance where I am creating things of value and meaning. I am passionate about helping other people and giving back. I real want to make a real difference and contribution.

I love writing, reading, journalling.

What makes me happy is creating

Creativity is my best skills.

I have always been creative and interest in creating things of value.

I think when I find the right balance my life will be complete. I need to start planning my days.

Monday to Sunday

Everyday plan what I am going to do.

In doing this there is some balance. Because I would know what to do.

JOURNAL 2019 - DAY 154 -

Today has been my day off. I went to EE and got a new google phone for £39.90 plus a tablet Huawei for £11.70 both contracts. After this I had a nap a few hours.

Then I went to the gym at 17.00 – 19.00. After gym I had a coaching session with Oyinkan at 20.00.

Coaching session was good I need to have question prepare for our next coaching session and focus on the reality questions.

JOURNAL 2019 – DAY 155 –

Today I got work from 14.30 – 22.30 plus sleeping. I have been thinking about make videos and sharing more information. When I release my books, I want to make videos to talk about some of the chapters. I think this would be good for the viewer / readers who by my book.

Just now I am thinking to even do a online course teaching people about my books and lessons.

I am still very passionate about helping other people and I love it. I want to make more videos that have meaning & value.

I am at work now and I feel super fulfilled. I can not describe the words but It feel like joy, happiness, positive, satisfaction.

I am unique and make more different than I thought use to chase after money, relationship, income, good, things.

But now I see a world full of helping other people and giving. The rewards of helping other people is amazing for me personally.

I write a very true thing. The fulfilment, success, joy, happiness is flowing and flowing. Many people think I want!!!

Money, Career, House, Cars

No No No – The Fulfilment

Yes – The Fulfilment is everything to me.

I feel so happy and joyful.

People cannot see it

Yes, Yes, Yes

They do not know.

The fulfilment is the key to success, joy, happiness, peace, pleasure, personal satisfaction.

JOURNAL 2019 – DAY 155 –

But a real thing is you don't need to chase it.

Helping Other People bring it.

Serving other is everything and I am so happy.

I would of never thought helping other people bring this joy but it is true joy.

because they don't understand.

People chase money, family, relationship, income. They need chase helping other I explain like this you keep quiet about it. You never really tell people about it. Why

and supporting people. There life is full of problems. I can be real here.

Problems are rewards and the more you go through the bigger the fulfilment and joy. I got to one very serious point. Helping other people is not about you. YES YES

It the serving giving that what it about. You may have fulfilment and joy but it comes at a price. You don't want to pay. No because your flashy.

CHRISTOPHER LIAM ROSE BOOKS

- 1) Christopher Rose Life Story
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfilment
- 10) Learn
- 11) It Is Not the Problems That Make You Who You Are, It Is The Person You Become

That Make You Who You Are

- 12) The Evangelism Ministry
- 13) Learning Is a Part Of Living
- 14) The Self Is the Problem
- 15) I Don't Want
- 16) No Self
- 17) Miracles
- 18) Christopher Liam Rose Journal 2015 – 2016
- 19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017
- 20) Losing, Sacrificing, Suffering
- 21) Observation
- 22) Christopher Liam Rose Testimony
- 23) SGR BOOKS – Christopher Liam Rose Music Discography
- 24) Christopher Liam Rose Journal 2018 -2019

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